KINESIOLOGY MAJOR- 51 Units

See the Kinesiology Department Website for complete Major and Minor requirements.

PREREQUISITE AND PERFORMANCE REQUIREMENTS (9 Units):

KNES210/BIO210 (3 Units) and Performance (6 units) representing the following performance areas: Fitness, Martial Arts/Combatives, Aquatics, Individual Sports, Racquet Sports, and Team Sports

HUMAN ANATOMY AND PHYSIOLOGY (3 UNITS) One year of anatomy and physiology with laboratory from a community college or other accredited institution with C-ID number BIOL 110B and BIOL 120B or Biology 115S

BIO/KNES 210  
Human Anatomy and Physiology

PERFORMANCE COURSES (6 UNITS - 1 UNIT from each performance area)

NOTE: Student in the Teacher Education concentration must substitute KNES 240, 241, 242 and 243 for the Performance Courses requirement.

Fitness (1) : KNES 100, 102A, 103, 106A, 143, 144, 145, 146
Aquatics : KNES 110A, 110B, 111*, 112A*, 112B*, 214A*, 214B*
Martial Arts/Combative (1) : 145*, 150, 151A, 151B, 152A, 153, 154, 155*, 156*

REQUIREMENTS FOR THE MAJOR

FOUNDATION COURSES (9 UNITS): KNES 202, 349, 360 (260)

KNES 202  
Introduction To Kinesiology  
KNES major or minor

B5  
KNES 349  
Measurements and Statistics in KNES  
KNES 202, JR./SR.

KNES 360  
Movement Anatomy  
KNES/BIO 210

TuTh 10:00AM - 11:15AM

DISCIPLINARY CORE COURSES (18 UNITS): KNES 348, 361 (300), 371, 380, 381, 383

KNES 348  
Physiology of Exercise  
KNES 210, JR./SR.

TuTh: 11:30AM - 12:45PM

KNES 361  
Principles of Human Movement  
KNES 360, JR./SR.

TuTh: 1:00PM - 2:15PM

KNES 371  
Human Motor Control and Learning  
KNES 210, JR./SR.

TuTh: 1:00PM - 2:15PM

TuTh: 2:30PM - 3:45PM

KNES 380  
History and Philosophy of Human Movement  
JR./SR., GE C.2 & D.2

D5  
KNES 381  
Sports, Game, and Culture  
JR./SR., GE B, C, D

Mo: 4:00PM - 6:45PM

KNES 383  
Psychology of Sport and Physical Activity  
KNES 202, JR./SR.

TuTh: 11:30AM - 12:45PM

Upper Division Writing Course (3 units): ENGL 301

ENGL 301  
Advanced College Writing  
Engl 101

GENERAL STUDIES CONCENTRATION (21 UNITS)

Provides students the option of completing the Bachelor of Science in Kinesiology without a specific concentration. Students must complete 21 upper-division units of Kinesiology coursework, six units of which must be at the 400 level.

PLEASE REFER TO THE KNES WEBPAGE FOR SPECIFIC REQUIREMENTS: http://hhd.fullerton.edu/knes/

KNES 342  
Stress Management

Tu: 7:00PM - 9:45PM
WEB-IRVINE (15356)

KNES 353  
Physical Activity and Lifelong Wellbeing

WEB-Irvine (15348)
WEB-Irvine (15478)

KNES 386  
Movement and the Child

Fr: 1:00PM - 3:45PM
### SPECIAL STUDIES CONCENTRATION (21 UNITS)

Provides knowledge related to human movement in many of the liberal arts, including the humanities (history, philosophy, arts), social sciences (psychology, sociology), sciences (biology, physics) and mathematics; and provides coursework for preparation for graduate or professional studies. The Special Studies concentration allows students to study topics of personal interest and provides opportunities for personal enrichment and professional growth.

21 UNITS of Advisor-Approved Elective Courses

Please refer to the KINES Webpage for specific requirements: [http://hhd.fullerton.edu/knes/](http://hhd.fullerton.edu/knes/)

### TEACHER EDUCATION CONCENTRATION (21 UNITS)

Provides coursework that meets a portion of the requirements for the Subject Matter Preparation Program (SMPP), which is designed to prepare students to enter a Single Subject Credential Program in Physical Education. In addition to the 51-unit requirement for the Kinesiology degree and the Teacher Education Concentration, students who wish to pursue a single-subject teaching credential in physical education must also complete the SMPP requirements.

Please refer to the KINES Webpage for specific requirements: [http://hhd.fullerton.edu/knes/](http://hhd.fullerton.edu/knes/)

**REQUIRED COURSES (18 UNITS)**

<table>
<thead>
<tr>
<th>COURSE</th>
<th>TITLE</th>
<th>PREREQ</th>
<th>GRADE</th>
<th>TERM</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNES 325</td>
<td>Techniques of Coaching</td>
<td>JR/SR standing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNES 363</td>
<td>Adapted Physical Education</td>
<td>KNES 202; JR/SR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNES 364</td>
<td>Motor Development</td>
<td>KNES 360</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNES 385</td>
<td>Instructional Analysis of Human Movement</td>
<td>Coreq: KNES 494</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNES 386</td>
<td>Movement and the Child</td>
<td>Coreq: KNES 494</td>
<td></td>
<td>Fr: 1:00PM - 3:45PM</td>
</tr>
<tr>
<td>KNES 387</td>
<td>Movement and the Adolescent</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ELECTIVES (3 UNITS):**

- KNES 240 Teaching Team Sports (3)
- KNES 241 Teaching Nontraditional Team Sports (3)
- KNES 242 Teaching Lifetime Physical Activity (3)
- KNES 243 Teaching Human Movement Forms in Physical Education (3)

### ADDITIONAL REQUIREMENTS:

**SUBJECT MATTER PREPARATION PROGRAM IN PHYSICAL EDUCATION**

**PROFESSIONAL DEVELOPMENT COURSES (12 UNITS)**

<table>
<thead>
<tr>
<th>COURSE</th>
<th>TITLE</th>
<th>PREREQ</th>
<th>GRADE</th>
<th>TERM</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNES 240</td>
<td>Teaching Team Sports</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNES 241</td>
<td>Teaching Nontraditional Team Sports</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNES 242</td>
<td>Teaching Lifetime Physical Activity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNES 243</td>
<td>Teaching Human Movement Forms in Physical Education</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ADDITIONAL REQUIRED EDUCATION COURSES (16-18 UNITS)**

<table>
<thead>
<tr>
<th>COURSE</th>
<th>TITLE</th>
<th>PREREQ</th>
<th>GRADE</th>
<th>TERM</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDSC 304</td>
<td>Educational Technologies for Secondary Teachers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EDSC 310</td>
<td>The Teaching Experience: Participation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EDSC 320</td>
<td>Adolescent Development</td>
<td>GE D.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EDSC 330</td>
<td>Developing Literacy in Secondary Schools</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EDSC 340</td>
<td>Diversity in Secondary Schools</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>KNES 494</td>
<td>PRACTICUM (1-3)</td>
<td>JR/SR standing; Consent</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>