

**BACHELOR OF SCIENCE IN KINESIOLOGY  
CONCENTRATION IN PHYSICAL EDUCATION**

*Effective Fall, 1996*

*Revised Spring, 2006*

The BS Degree in Kinesiology with a Concentration in Physical Education prepares students for entry into a teaching credential program. This course of study satisfies state requirements for the Subject Matter Program in Physical Education and for departmental standards of competence in the subject matter of Physical Education.

**PRE-REQUISITES & CORE REQUIREMENTS (25-28 UNITS)<sup>1</sup>**

**Pre-Requisites (10-12 Units)**

- BIO 100 Human Biology [GE]<sup>2</sup> (3)
- or*
- BIO 230 Introductory Biology I (5)
- BIO 328 Human Anatomy<sup>3</sup> (4)
- MATH 124 Elementary Statistics [GE]<sup>4</sup> (3)

**Core Requirements (15 Units)**

- KIN 350 Movement and Skill<sup>6</sup> (3)
- KIN 457 Culture, Gender, and Movement<sup>11</sup> (3)
- KIN 480 Anatomical Kinesiology<sup>12</sup> (3)
- KIN 486 Motor Learning<sup>7</sup> (3)
- KIN 504 Sport and Exercise Psychology<sup>24</sup> (3)

**FOUNDATION REQUIREMENTS (30 UNITS)**

- KIN 300 Health-Related Fitness and Wellness<sup>8</sup> (3)
- KIN 340 Orientation to Teaching in Physical Education (3)
- KIN 355 Science, Sport and Fitness<sup>13</sup> (3)
- KIN 401 Elementary School Physical Education, K-5<sup>9</sup> (3)
- KIN 402 Practicum in Physical Education, N-5<sup>10</sup> (1)
- KIN 487 Motor Development [GE] (3)
- KIN 488 Assessment<sup>14</sup> (3)
- KIN 489 History and Philosophy of Physical Activity (3)
- KIN 536 Movement for Individuals with Disability<sup>15</sup> (4)
- KIN 580 Instructional Strategies for Middle and High School Physical Education, Grades 6-12<sup>16</sup> (3)
- KIN 581 Practicum in Middle and High School Physical Education<sup>17</sup> (1)

## **MOVEMENT EXPERIENCES (8 UNITS)**

With prior approval of advisor following consultation, select eight basic activity courses (1 unit each) to satisfy the distribution shown below. Selections should broaden the student's personal movement and skill vocabulary. Students majoring in the Bachelor of Science Degree, Concentration in Physical Education, must complete each course selected with a letter grade of "B" or higher.

- Aquatics
- Dance (2 experiences, one of which must be folk dance)
- Fitness
- Individual Sports/Activities
- Martial Arts
- Team Sports

## **INSTRUCTIONAL ANALYSIS (10)**

- KIN 305 Instructional Analysis: Track, Field, Gymnastics, Floor Activities<sup>18</sup> (2)
- KIN 306 Instructional Analysis: Racquet Sports<sup>19</sup> (2)
- KIN 307 Instructional Analysis: Basketball and Volleyball<sup>20</sup> (2)
- KIN 308 Instructional Analysis: Fitness Activities<sup>21</sup> (2)
- KIN 309 Instructional Analysis: Soccer and Softball<sup>22</sup> (2)

**TOTAL UNITS FOR CONCENTRATION: 48**

**TOTAL UNITS FOR MAJOR: 73-75**

## **ADDITIONAL REQUIREMENTS**

To successfully complete the Subject Matter Preparation Program, students must meet the following additional requirements:

### Additional Required Experience<sup>23</sup>

- Life Guard Training and Water Safety Instruction.
- First Aid/CPR certification.
- Participate actively in student CAHPERD, AAHPERD, and/or the Kinesiology Student Association (or another related professional organization).
- Gain experience in coaching, teaching physical education, recreation or intramurals through work as a volunteer or as a paid assistant.

### Expectations for Student Performance

- Earn at least a "C" in all required KIN theory courses. Earn at least a "B" in all movement-based courses. Courses may be repeated until the appropriate grade is achieved. However, units will count only once in the major, and only once for graduation.
- Demonstrate understanding of and possess demonstration level skill competence in twelve activity areas. One of the twelve must be an outdoor education type of activity (e.g., biking, rock climbing, orienteering, camping, cross-country skiing).  
Students must pre-plan their routes to meet this requirement upon consultation with faculty, and in conjunction with KIN 340, Orientation to Teaching Physical Education.
- Successful completion of a fitness assessment in conjunction with KIN 300, Health Related Fitness and Wellness.
- Demonstrate a high level of personal skill and coaching level expertise in at least one sport.

### Portfolio Preparation

Each student in the Subject Matter Preparation Program will develop and maintain a professional portfolio. The professional growth and development of the student, through completion of courses and through required and recommended non-credit bearing experiences, should be subject to the students own ongoing and should be thoughtfully documented. This process should serve as a mechanism for personal growth. The resulting professional portfolio will be an evolving document: a means for personal goal setting and assessment; a means for formative and summative evaluation.

### **ADDITIONAL RECOMMENDED EXPERIENCES**

Courses:	DANC 231	Foundations of Dance Movement Theories (3)
	KIN 331	Peak Performance (3) [GE]
	KIN 322	The Sport Experience (3) [GE]
	KIN 504	Sport and Exercise Psychology (3) <sup>24</sup>
	KIN 584	Prevention and Care of Athletic Injuries (3) <sup>25</sup>
	PSY 330	Child Development (3) [GE] <sup>26</sup>
	PSY 430	Adolescent Psychology (3) [GE] <sup>27</sup>
	PSY 431	Developmental Psychology (3) [GE] <sup>28</sup>
	REC 230	Growth through Adventure (3) [GE]
	REC 380	Developmental Play Processes (3) [GE]
	SPCH 353	Speech for the Classroom Teacher (4)
	SPCH 531	Conflict Resolution (4) [GE] <sup>29</sup>
	SPCH 541	Intercultural Communication (4) [GE] <sup>30</sup>

### Other Recommendations:

- Completion of requirements to receive a credential as an Adapted Physical Education Specialist.
- Completion of requirements to receive a credential in a second, non-physical education area.
- Development of bilingual skills and/or completion of requirements for teaching English as a Second Language.
- Development of sufficient depth of knowledge to be able to coach more than one sport.

1 Pre-Requisites and Core courses are those required of all students seeking a Bachelor of Science Degree in  
Kinesiology.

2 Courses designated [GE] satisfy a requirement in San Francisco State University's General Education  
Program. Up to 12 units may go toward s fulfilling both major and General Education requirements.

3 Prerequisite: college course in Biology.

4 Prerequisite: a score of 550 or above on the ELM or approved exemption.

5 Also offered as HED/REC 325.

6 Prerequisite: Completion of three of the four requires Segment I GE courses, one of which must be ENG 214.

7 Prerequisite: KIN 350 or consent of instructor.

8 Prerequisite: BIO 100 or consent of instructor.

9 Corequisite: KIN 402

10 Corequisite: KIN 401

11 Upper division standing or consent of instructor.

12 Prerequisites: BIO 328 and completion of qualitative reasoning requirement or consent of instructor.

13 Prerequisites: BIO 100 or consent of instructor.

14 Prerequisites: KIN 325 and completion of quantitative reasoning requirement or consent of instructor.

15 Prerequisites: KIN 480, 486, 487, or consent of instructor.

16 Prerequisite: KIN 486 or 487. Must be enrolled concurrently with at least one practicum course.  
Must be enrolled in teaching credential program and be taken concurrently with KIN 580.

17 Prerequisites: Passage of basic skills tests in track, field, and floor activities, or grade of B or better in the  
parallel basic activities classes.

18 Prerequisites: Passage of basic skills tests in tennis and badminton, or a grade of B or better in the parallel  
activity course.

19 Passage of skills tests in basketball and volleyball, or a grade of B or better in the parallel activity courses.  
KIN 300 and successful completion of fitness assessment.

20 Prerequisite: Passage of basic skills tests in soccer and softball or a grade of B or better in parallel activity  
course.

21 These experiences are required for satisfactory completion of the Physical Education Subject Matter  
preparation Program. Students may complete, these experiences in courses available at a college or university  
or off - campus. However, these experiences do not bear credit towards completion of the major.

22 Prerequisite: KIN 486 or consent of instructor.

23 Prerequisite: Bio 328 or consent of instructor.

24 Introductory course in psychology required.

25 Prerequisite: PSY 330, 431, or consent of instructor.

26 Prerequisite: Introductory mm in psychology or consent of instructor.

27 Prerequisite: SPCH 150 or consent of instructor.

28 Prerequisite: SPCH 150, ENG 114, or consent of instructor.

29 Prerequisite: KIN 401 or consent of instructor.

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## **ADAPTED PHYSICAL EDUCATION SPECIALIST CREDENTIAL**

By completing the following courses, along with the Subject Matter Credential in Physical education, a Specialist Credential in Adapted Physical Education can be achieved.

The internship (KIN 630), IS taken during the students' last year within the specialist credential program. The internship consists of six to eight hours a week, for twelve weeks of providing supervised movement experiences for individuals with disabilities. This experience is completed under the direct supervision of certified adapted physical education teachers. Placements are related to students needs and direction of employment pursuits.

At the present time, job opportunities within the area of Adapted Physical Education are abundant within the public school setting. The demand for adapted physical education teachers far exceeds the number of existing credentialed teachers. It is estimated that there will numerous job opportunities in the future for individuals with a Specialist Credential in Adapted Physical Education.

### **COURSE WORK:**

KIN 536	Movement for Individuals with Mild Disabilities 3 hours lecture, 2 hours lab	(4)
KIN 537	Movement for Individuals with Severe Disabilities 3 hours lecture, 12 hours field experience	(3)
KIN 538	Therapeutic Exercise 2 hours lecture, 12 hours field experience	(2)
KIN 539	Motor Assessment of Individuals with Disabilities 3 hours lecture	(3)
KIN 630	Internship in Adapted Physical Education 1 hour seminar, 6 – 8 hours internship	(3)