

CALIFORNIA STATE UNIVERSITY, FRESNO
Department of Kinesiology
General Option ~ Catalog Years 2008 - Present

Advisor _____

Catalog Year _____

Student _____

ID # _____

General Education	51
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Kinesiology Core	17
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					Pre-Requisites
	KINES	20	Fitness Development	1	
	KINES	25	Resistance Training Techniques	1	
	KINES	32	Lifetime Fitness & Wellness (GE Breadth E1)	2 (1)	Concurrent enrollment in KAC 6, 21, 24, 31, 33, 39, or 103
	KINES	33	Foundations of Sport & Exercise Psychology	3	
	KINES	104	Info Systems & Tech in Kinesiology****	3	KINES 20
	KINES	116	Fundamentals of Biomechanics	3	KINES 20 (may be taken concurrently); KINES 35 (or BIOL 33 or BIOL 64 & 65 or BIOL 64 & PHTH 119)
	KINES	118	Fundamentals of Exercise Physiology	3	KINES 20 (may be taken concurrently); KINES 35 (or BIOL 33 or BIOL 64 & 65 or BIOL 64 & PHTH 119)

General Option ~ Part 1	6-14 units
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					Pre-Requisites
	HS	48	First Responder and Emergency Care or First Aid and CPR cards	3 or 0	
Fall	NUTR or NUTR or KINES	53 or 147 or 121	Nutrition & Health: Realities & Controversies or Nutrition and the Athlete or Body Composition: Theory, Principles & Management	3	NUTR 53 or 54 BIOL 1A or BIOL 10
	KINES or BIOL or BIOL	35 or 33 or 64/65	Human Structure and Function or Human Anatomy and Physiology or Functional Human Anatomy/Human Physiology	3 or 5 or 8	KINES 20

General Option ~ Part 2	29-39 units
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					Pre-Requisites
A					6 – 9 units
	KINES	30	Introduction to Kinesiology	3	
	KINES	38	Introduction to Sports Medicine	3	
Fall	KINES	137	Structural Biomechanics	3	KINES 20 (may be concurrent); BIOL 64 or PHTH 119

Spr	KINES	138	Evaluation in Sports Medicine	3	KINES 20; 38; 137
Fall	KINES	139	Therapeutic Modalities in Sports Medicine	3	KINES 20; 38; BIOL 64 or PHTH 119
Spr	KINES	148	Biophysical Aspect of Aging	3	
	KINES	157	Adapted & Inclusive Physical Education <i>(last offered Spr 09)</i>	3	KINES 134; current CPR and First Aid certification
Fall	KINES	163	Fitness and Wellness	3	KINES 118
Spr	KINES	165	Performance Related Fitness	3	KINES 116 or 137; KINES 118
B					
					6 – 9 units
Spr	KINES	124	A & A: Tumbling and Gymnastics <i>(last offered Spr 09)</i>	2	KINES 20; KINES 120; KAC 31
Spr	KINES	125A	Coaching Football	3	
Fall	KINES	125B	Coaching Basketball	3	
Spr	KINES	125C	Coaching Track & Field	3	
Fall	KINES	125D	Coaching Baseball	3	
	KINES	126	A & A: Aquatics	3	KINES 31; 110*; 120; proficiency in 6 swim strokes or completion of KAC 4
Spr	KINES	128	A & A: Dance Heritage Survey <i>(last offered Spr 09)</i>	3	KINES 20; KINES 120; KAC 12, 13, 14, or CLS 107
Fall	KINES	131	A & A: Individual, Team, & Fitness Activities **	3	KINES 20; 31; 110*; 120
C					
					6 – 9 units
	KINES	109	Motor Learning	3	KINES 20
	KINES	111	Olympic Games	3	GE Area D
	KINES	113	Physical Growth and Development <i>(last offered Spr 09)</i>	3	KINES 20 (may be concurrent); BIOL 33 (or BIOL 64 and 65 or BIOL 64 and PHTH 119)
	KINES	120	Planning Strategies for Physical Education	3	KINES 20; 31; 110*
	KINES	122	Nontraditional Games & Outdoor Education	3	KINES 20; 31; 120; KAC Area A***
Fall	KINES	140	Rehabilitation in Sports Medicine	3	KINES 137; 138A; 138B; 139
Spr	KINES	141	Organization & Administration in Sports Medicine	3	KINES 20; 38; senior status
	KINES	152	Physical Education for Children	3	Minimum junior standing
Fall	KINES	153	History, Philosophy, & Society of PE	3	KINES 20; 30; senior status
Spr	KINES	159	Measurement & Evaluation	3	KINES 20; 31; 110*; 120
Spr	KINES	167	Humanistic & Integrative Aspects of Exercise Science	3	KINES 116; 118
D					
					2 units
	KINES	199	Supervised Work Experience	2	
E					
					3-4 units
	KAC		Choose 3 different KAC courses	3-4	

General Option ~ Part 3 *****				2 – 20 elective units	
					Pre-Requisites
Fall	ACCT	03	Essentials of Accounting	3	
	ACCT	04A	Financial Accounting Principles and Systems	3	Not open to freshmen
	CDDS	91	American Sign Language I (<i>formerly CSD 91</i>)	3	
	GERON PSYCH	103 103	Maturity and Old Age (<i>cross-listed course</i>)	3	
	GERON CSH	117 117	Resource Management for the Aging (<i>cross-listed course</i>)	3	
Spr	GERON SW	125 125	Social Services for the Aging (<i>cross-listed course</i>)	3	
	HS	105	Risk Assessment & Analysis	3	
	HS	110	Drugs, Society, and Health	3	
	HS	111	Alcohol and Alcoholism	3	
	HS	112	Consumer Health	3	
	HS GERON	115 115	Health Issues of Aging (<i>cross-listed course</i>)	3	
Fall	HS WS	130 130	Women's Health (<i>cross-listed course</i>)	3	
	HS	131	Principles of Health Education	3	
	HS	145	Occupational Safety and Environmental Health Management	3	
	HS	161	Environmental and Human Health	3	GE Area B
	MGT	104	Administrative Principles of Management	3	BA 105W or ENGL 160W (may be taken concurrently)
	MGT	106	Behavioral Principles of Management	3	BA 105W or ENGL 160W (may be taken concurrently)
	RLS	55	Introduction to Recreation, Parks, and Tourism	3	
Spr	RLS	101	Leisure and Human Behavior	3	
Fall	RLS	131	Foundations of Commercial Recreation and Tourism	3	RLS 55
Spr	RLS	133	Recreation and Parks Facilities Planning and Operations	3	RLS 55

Total number of units in the Kinesiology General Option	45 – 59
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* KINES 109 and 113 can be substituted for KINES 110.

** KINES 131 is a combination of KINES 130, 132, 134 and replaces them starting Fall 2009.

*** KAC Area A courses include: KAC 40, 41, 43, 44, 45, 47, 49, 50, 51.

**** KINES 104 is no longer offered. If the course has not been taken, it will be waived both as a graduation requirement and as a pre-requisite for KINES 159. Although the course is waived, the units are not. Students will still need 120 units to graduate. If you come up short on units due to this course being waived, it is recommended that you take 3 KAC courses, KINES 162 (if you plan on coaching because it will earn the state mandated certification in the course), KINES 180T (Legal Aspects of Sport and Exercise) or KINES 180T (Entrepreneurship of Sport and Exercise). If you have taken KINES 104 with a grade less than C, you must take HS 182 as a substitute; grade replacement will not be possible.

***** Other elective courses may be approved upon prior consultation with major advisor.