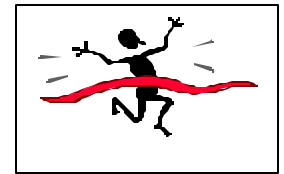


CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology



MAJOR REQUIREMENTS-BACHELOR OF SCIENCE DEGREE

This advisement material is designed to assist students in meeting catalog requirements for the B. S. degree. Each student is required to meet once each semester with an advisor. This is particularly important for the approval of upper division option courses.

I. Lower Division Prerequisite Science Courses (10 Units):

		Total Units
a.	BIO101 General Biology <i>(Satisfies GE. Section B1 and is a prerequisite to KIN 275, BIO 211, 212, 281)</i>	4
b.	KIN 275 OR BIO 211 and 212 Human Anatomy <i>Laboratory Studies in Human Anatomy (Students planning a career in Physical Therapy must take BIO 211 & 212 to satisfy this requirement). Completion of KIN 275 or BIO 211, 212 is prerequisite to enroll in KIN 345.)</i>	3
c.	BIO 281 Human Physiology <i>(Prerequisite to KIN 346)</i>	3

II. Lower Division Core Courses (7 units):

a.	KIN 240 Conceptual Basis of Kinesiology (Expected to be taken during first semester as a Kinesiology Major at CSUN)	1
b.	KIN 241,L Movement Forms -Exercise and Lab (Prerequisite to KIN 346)	2
c.	KIN 242 Movement Forms -Basic Dance <i>(Students in the Physical Education Option take this course)</i>	
	<i>or</i>	
	Kin 244 Movement Forms -Modern Dance	1
d.	Select 3 units from:	
	KIN 243,L Movement Forms - Sport and Lab	2
	KIN 250AA-ZZ Professional Activities (1 unit each) <i>(Students in the Physical Education Option must take KIN 243,L to satisfy part of this requirement)</i>	1

III. Upper Division Core Courses (18 units):

KIN 302	Measurement & Evaluation in Kinesiology	3
KIN 305	Historical & Philosophic Bases of Kinesiology	3
KIN 306	Socio-Psychological Aspects of Physical Activity	3
KIN 329,L	Motor Learning and Control and Lab (2,1)	3
KIN 345,L	Biomechanics and Lab (2,1)	3
KIN 346	Physiology of Exercise	3

IV. Upper Division Options:

Confer with an **advisor** and follow the prescribed program for one of the options listed on the **back** of this page.

V. Movement Proficiency Exam Requirement:

All Kinesiology majors must demonstrate proficiency at criterion levels in fitness, sport and dance.

- Health Related Fitness.** Criterion standards are based on the Physical Best/ Fitnessgram national standards. The tests are administered in KIN 241.
- Dance and Sport.** Meet minimum standards (score of 2.0) in at least **one** test in **each** of **three** categories. Achieve a score of 3.0 (on a scale of 4.0) in a fourth category. Minimum total score required is 9 points. **One test from each category.** **

Categories			
<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
Badminton	Gymnastics	Basketball	Basic Dance
Golf	Swimming	Football	Modern Dance
Tennis	Track & Field	Soccer	
Racquetball		Softball	
		Volleyball	

The tests are administered twice each semester, usually during the first and last weeks of the semester. Testing as well as instruction and supervised practice are included in the KIN 250, 242 and 244 classes. ****Students in the Physical Education option are required to pass all of the MPES.**

KINESIOLOGY MAJOR OPTIONS – BACHELOR OF SCIENCE DEGREE

Advisors are assigned to students by option at the Kinesiology Department main office.

All required courses are within the Kinesiology Department unless otherwise stated.

I. PHYSICAL EDUCATION (27)

This option prepares the student to seek a credential to teach P.E. in the public schools of California. An additional fifth year of study and student teaching is usually required to complete the preliminary credential. Refer to the credential section of the university catalog for further information

Required Lower Division Courses:

HSCI 170.L	Emerg. Health Proc	2
LSRC/KIN 151	Intro. to Outdoor Educ. & Backcountry	1

Select 1 unit:

130A	Karate	1
131A	Taekwondo	
132A	Aikido	
133A	Tai Chi Ch'uan	
151A	Personal Defense	

Required Upper Division Courses:

320/L	Adv Tech Team Sports	2/1
325/L	Motor Development	2/1
347	Indiv & Spec PE	3
403	Meas and Eval Lab	1
471/L	Dvl Mvt Pgm/Chld & Lab	2/1

Required courses from ONE emphasis

A. Secondary

330/L	Adv Tech Ind Spts	2/1
420	Coach Comp Spts	3

B. Dance

315	Adv Anls Dance-Social	2
317	Adv Anls-Bllt, Jzz, Mdrn	2

C. Elementary

330/L	Adv Tech Ind Spts	2/1
314/L	Creat Dance Child/L	2/1

Select 4 Elective Units:

310	Visualization in Sport	3
311/L	Ind Prog Dsgn, APE	2/1
314/L	Creat Dance/Child	2/1
313/1	Adaoted Aquatics	2/1
315	Adv Anls Dance-Social	3
316/L	Choreog Forms	2/1
322	Adv Anls Exer-Aerobic	2
337	Prev/Care Ath Inj I	3
350/359	Theory Coach Courses	2
370/L	PE Early Child Educ	2/1
380	Perspectives of Dance	3
401	Concepts of PE	2
402/L	Comp Appl KIN	2/1
427	Dance Production	3
428	Aesthetic Human Move	3
445	Quant. Biomechanics	3
494A,B,C	Academic Internship	1-3
499 A,B, C	Independent Study	1-3

II. ADAPTED PHY. ED. (27)

Completion of this program meets only the requirements for the bachelor's program. Completion of the waiver program for an Adapted Physical Education Credential requires the completion of all of the courses listed below (18 units total), plus 547 (3) and an additional unit 498KA (1). Completion of the waiver program thus requires a total of 12 units beyond the option requirements for the B.S. Students who complete this waiver program and the School of Education Credential Requirements will be certified to teach both Adapted Physical Education and regular Physical Education.

Required Lower Division Courses:

HSCI 170.L	Emerg. Health Proc	2
LSRC/KIN 151	Intro. to Outdoor Educ. & Backcountry	1

Select 1 unit:

130A	Karate	
131A	Taekwondo	
132A	Aikido	
133A	Tai Chi Ch'uan	
151A	Personal Defense	

Required Upper Division Courses:

320/L or 330/L	AdvTech Team/IndSports	2/1
325/L	Motor Development	2/1
347	Ind. & Spec PE	3
403	Measure and Eval Lab	1
471/L	Dvl Mvt Pgm/Chld & Lab	2/1

**Remaining requirements listed in next column

II. ADAPTED PHY. ED. (CONT.)

Additional Required Courses:

311.L	Ind Prg Design APE	2/1
498KA,B	Ind Supv Proj/Adap	2

Select 5 Elective Units:

429	Problems Atyp child	3
447	Impt/Instr Adap PE	3
448,L	Pro GMT Phys Ids & Lab	2/1
449	PE for Phys Hand	3
498KA	Ind Supv Proj/Adap	1

III. EXERCISE SCIENCE (36-38)

This option is designed to prepare the student with the necessary knowledge and skills to analyze movement and to conduct and administer physical fitness programs. The option is particularly valuable for the students interested in employment in fitness centers as well as those intending to pursue graduate study.

A. Required lower division courses:

PHYS 100A&L	General Physics	4
CHEM 101/L or 103/L		5
MATH 104 or 105		3-5

(Completion of either MATH 104 or 105 or equivalent is a prerequisite to KIN 445; 105 req. for Pre. PT.)

B. Required upper division courses:

325&L	Motor Development	2/1
445	Quantitative Biomechanics	3
446&L	Rsrch Exer Phys	2/1

Select 15 units with approval of advisor:

311/L	Ind Prg Design APE	2/1
313/1	Adaoted Aquatics	2/1
337/L	Prev/Care Ath Inj I/L	3/1
346/L	Physiol Exer Lab	1
402/L	Comp Appl Kin	2/1
415	Med Asp Sports	3
436	Applied Exercise & Sports Phys.3	
456	Adult Exer Prog Des	3
476	Musculoskeletal Biomechanics & Injury.	3
560	Clin EKG/Stress Test	3
494	Academic Intern	1-3
499	Independent Study	1-3
575/L	Biomech Anlys Tech	2/1

Upper Division KIN elective with prior approval of advisor.

IV. ATHLETIC TRAINING

This option prepares the student to seek certification in Athletic Training from the National Athletic Training Association (NATA). Students must obtain formal acceptance into this option. See Dr. Shane Stecyk (shane.stecyk@csun.edu) for further information AND prior to selecting this option.

V. DANCE (25)

This option is designed to provide a basis for dance experience and potential employment opportunities in the field of performance, choreography, and teaching.

Select 25 units with advisor's approval:

314/L	Creat Dance Child/L	2/1
315	Adv Anls Dance-Social	3
316/L	Choreog Forms	2/1
317	Adv Anls-Bllt, Jzz, Mdrn	3
325/L	Motor Development	2/1
380	Perspectives of Dance	3
426	Choreography	2
427	Dance Production	3
428	Aesthetics Human Move	3
494A,B,C	Academic Internship	1-3
498WA,B,C	Dance Concert Modes	1-3
499A,B,C	Independent Study	1-3

Upper Division KIN elective with prior approval of advisor.

VI. GENERAL STUDIES (25)

This option is designed to meet the needs of students who seek a general program in Kinesiology or who have special interests in areas not in the preceding options. Students completing this option will have had the opportunity to explore both the sub-disciplinary and the applied areas of the field of study.

A. Select at least three units from each of the following areas:

1. Biological/Mechanical

325/L	Motor Development	2/1
445	Quant. Biomechanics	3
446/L	Rsrch Exer Phys	2/1

2. Arts/Humanities/History

380	Perspectives of Dance	3
426	Choreography	2
427	Dance Production	3
428	Aesthetics Human Move	3

3. Social/Cultural

385	Women in Sport	3
407	Sport, Culture & Society	3
408	The Olympic Games	3

4. Clinical

311/L	Ind Prog Dsgn, APE	2/1
313/1	Adaoted Aquatics	2/1
337	Prev/Care Ath Inj I	3
347	Ind.&SpecPE	3
429	Percep Motor Prob	3
436	App Exer Sport Phys	3
456	Adult Exer Prog Dsgn	3

5. Teaching/Coaching

310	Visualization & Sport	3
315	Adv Anls Dance-Social	3
317	Adv Anls-Bllt,Jzz,Mdrn	3
320/L	Adv Tech Team Sprts	3
330/L	Adv Tech Ind Sprts	3
350-359	Coaching Courses	2
370/L	PE Early Child Educ	2/1
420	Coach Comp Sports	3
471/L	Devl Move Prog Child	2/1

B. Select a minimum of 10 additional upper division units in Kinesiology courses with prior approval of an advisor.