Program
BA in Kinesiology
Options in:
  Movement Studies
  Physical Education Teacher Education
BS in Exercise Physiology
  (Pre-Physical Therapy)
Minor in Physical Education
Minor in Coaching
Minor in Exercise Science
Certificate in Outdoor Education
Certificate in Sport and
  Human Performance
Specialist Credential in
  Adapted Physical Education
Certificate in Physical Education
MA in Kinesiology
  Option in Athletic Training Education
Vision
To be a national leader in communicating and creating knowledge about physical activity to enhance the quality of life for all
Mission Statement
The mission of the Department of Kinesiology is to communicate and create knowledge about sport, exercise, and physical activity. The department achieves its mission through innovative and engaging instruction, scholarship, and professional service. The uniqueness of our integrative discipline is that we work to promote lifelong learning and physical activity to enhance quality of life and health for all.
Career Outlook
Society is increasingly recognizing the health and quality of life implications for low levels of physical activity. Graduates of the Department of Kinesiology are well prepared to work in a variety of physical activity professions serving people of all ages. Student-centered instruction blending theoretical knowledge and hands-on experience makes our graduates attractive candidates for careers or advanced study in fitness leadership, physical education, and sports medicine.
Facilities
The Department of Kinesiology is fortunate to have quality facilities on campus and access to beautiful outdoor areas in Northern California. The department is housed in the new 64,000 square foot Yolo Hall located adjacent to the Shrum-Acker Gym complex and playing fields. Department majors utilize dedicated laboratories for adapted physical education, athletic training, biomechanics, exercise physiology, fitness, motor behavior, and pedagogy. Other instructional facilities include dance studios, climbing wall, ropes course, two gymnastuums, handball/racquetball courts, swimming pools, track, weight training/fitness rooms, golf, soccer and multipurpose fields.
Activity Classes
The department offers activity courses designed to help students improve skills and appreciation of lifetime physical activity. Students may elect to take several courses from a wide variety of classes like aerobic exercise, dance, martial arts, traditional sports, outdoor activities, and yoga. These are lower division courses with the PHED prefix.
Kinesiology, Physical Education, and Exercise Physiology
College of Communication and Education
Dean: Phyllis Fernlund
Department of Kinesiology
Yolo Hall 243
530-898-6373
e-mail: phed@csuchico.edu
http://www.csuchico.edu/phed/
Chair: Gayle Hutchinson
Associate Chair: Duane Knudson
Program Coordinators
Graduate Studies: David Swanson
Adapted Physical Education: Rebecca Lytle
Coaching & Administration: Traci Ciapponi
Elementary Physical Education:
  Craig Buschner
Exercise Physiology: Scott Roberts
Outdoor Education: Reid Cross
Physical Education Teacher Education:
  Cathrine Himberg
Advisers
Movement Studies: Traci Ciapponi
Exercise Physiology: Scott Roberts
Teacher Education: Catherine Himberg
Adapted Physical Education: Rebecca Lytle
Kinesiology, Physical Education, & Exercise Physiology

THE BACHELOR OF ARTS IN KINESIOLOGY

Total Course Requirements for the Bachelor's Degree: 120 units
See “requirements for the Bachelor's Degree” in The University Catalog for complete details on general degree requirements. A minimum of 40 units, including those required for the major, must be upper division.
Your major department has prepared a Four Year Advising Plan to help you meet all graduation requirements within four years. Please request a plan from your major adviser or view it and other current advising information on the CSU, Chico Web.

Total Course Requirements for the Bachelor's Degree with the Option in Physical Education Teacher Education: 135 units
Students graduating with the Option in Physical Education Teacher Education earn a Bachelor of Arts in Kinesiology, physical education subject matter competency, and a single subject teaching credential. Students are advised to plan their General Education requirements carefully.

General Education Requirements: 48 units
See “General Education Requirements” in The University Catalog and The Class Schedule for the most current information on General Education Requirements and course offerings. The course requirements marked below with an asterisk (*) may also be applied toward General Education.

Option in Teacher Education
HIST 130 may be used to fulfill Breadth Area C1, C2, or C3 requirements; POLS 155 may be used to fulfill any one of the Breadth Area D1, D2, or D3 requirements; and HCSV 451 may be used to fulfill Area F requirements.

Cultural Diversity Course Requirements: 6 units
See “Cultural Diversity” in The University Catalog. Most courses taken to satisfy these requirements may also apply to General Education.

American Institutions Requirement: 6 units
See the “American Institutions Requirement” under “Bachelor's Degree Requirements.” This requirement is normally fulfilled by completing HIST 130 and PHED 153. Courses used to satisfy this requirement do not apply to General Education.

Literacy Requirement:
See “Mathematics and Writing Requirements” in The University Catalog. Writing proficiency in the major is a graduation requirement and may be demonstrated through satisfactory completion of a course in your major which has been designated as the Writing Proficiency (WP) course for the semester in which you take the course. Students who earn below a C- are required to repeat the course and earn a C- or better to receive WP credit. See The Class Schedule for the designated WP courses for each semester. You must pass ENGL 130 (or its equivalent) with a C- or better before you may register for a WP course.

Course Requirements for the Major: 48-75 units

Course Requirements for the Major with the Option in Physical Education Teacher Education: 96 units
The following courses, or their approved transfer equivalents, are required of all candidates for this degree. Additional required courses dependent upon a selected option or advising pattern are outlined following the degree core program requirements.

DEGREE CORE PROGRAM: 22 units
Lower-Division Core: 8 units
2 courses required:
BIOL 103 Human Anatomy 4.0 FS *
BIOL 104 Human Physiology 4.0 FS *

Upper-Division Core: 14 units
4 courses required:
KINE 320 Embodied Knowledge: Kinesiology 3.0 FS WP
KINE 321 Motor Development & Behavior 3.0 FS
KINE 322 Biomechanics 4.0 FS
KINE 323 Physiology of Exercise 4.0 FS
Standard first aid and cardiopulmonary resuscitation (CPR) certification are also required.
Basic computer literacy skills are required. The requirement may be met through select college courses (e.g., CSCI 100, PHED 100, or UNIV 101) or through prior experience.

Major Option Course Requirements: 26-74 units
The following courses, or their approved transfer equivalents, are required dependent upon the option chosen. Students must select one of the following options for completion of the major course requirements.

THE OPTION IN PHYSICAL EDUCATION TEACHER EDUCATION: 74 units
This option satisfies all requirements for subject matter competency in physical education and the single subject teaching credential program. Consult with a Physical Education Teacher Education (PETE) adviser early in order to determine your academic plan as courses follow a prescribed sequence.

Lower-Division Courses: 3 units
Select activity breadth courses with the prior approval of a PETE adviser.

3 courses selected from:

PHED 112A Beginning Badminton 1.0 FS
PHED 112B Intermediate Badminton 1.0 FS
PHED 116A Beginning Aerobic Dance 1.0 FS
PHED 116B Intermediate Aerobic Dance 1.0 FS
PHED 164A Beginning Water Polo 1.0 FS
PHED 164B Advanced Water Polo 1.0 FS
PHED 164K Advanced Water Polo: Men 1.0 FS
PHED 166A Beginning Weight Training 1.0 FS
PHED 166B Intermediate Weight Training 1.0 FS
PHED 169 Yoga 1.0 Inq
Kinesiology, Physical Education, & Exercise Physiology

Upper-Division Courses: 65 units
20 courses required:

- EDTE 301 Democracy & Pub Schl in Amer 2.0 SMF
- EDTE 302 Access & Equity in Education 3.0 FS
- EDTE 530 Fundamentals of Teaching Pract 3.0 SMF
- EDTE 531 Teaching with Technology 1.0 FS
- EDTE 532 Literacy Development 3.0 SMF
- EDTE 535 Teaching Practicum I 3.0 FS
- Prerequisites: Admission to the Department of Education Single Subject Program and completion of Block One courses.
- EDTE 537 Apps for Democratic Education 2.0 FS
- Prerequisites: Capstone course to be taken in the final semester of the program.
- EDTE 538 Teaching Practicum II 12.0 FS
- Prerequisites: Successful completion of Practicum I (EDTE 535).

7 courses required:

- ENGL 371 Principles of Language 3.0 FS
- ENGL 470 Second Language Acquisition 3.0 FS
- Prerequisites: ENGL 371.
- HCSV 451 Hlth Ed for Secondary Tchrs 3.0 FS
- KINE 305 Philosophy of School Based PE 3.0 FS
- KINE 308 Dance/Rhythms/Edc Gymnastics 3.0 FS
- Prerequisites: Faculty permission.
- KINE 309 Develop Approp PE for Children 3.0 FS
- KINE 312 Outdoor Education & Aquatics 3.0 FS
- Prerequisites: Faculty permission.
- KINE 315 Intro to Adapted Phys Act 3.0 FS
- KINE 410 Develop Approp PE-Middle Sch 3.0 FS
- Prerequisites: KINE 305, KINE 309.
- KINE 411 Assessment in Physical Educ 3.0 FS
- Prerequisites: KINE 305, KINE 309, faculty permission.
- KINE 484 Develop Approp PE-High School 3.0 FS
- Prerequisites: KINE 305, KINE 308, KINE 309, KINE 312, KINE 410, KINE 411.
- KINE 510 Sem in School Physical Educ 3.0 FS
- Prerequisites: Faculty permission.

NOTE: PSYC 355 may be substituted for KINE 121; EDTE 533 may be substituted for KINE 484; and EDTE 534 may be substituted for KINE 315.

Adviser's permission is required for substitutions.

6 units selected from:

6 units of course work in any single non-English language. NOTE: This requirement may be waived for students with two years of high school language courses in a single language. Students are also reminded that the following courses are required for the Option in Physical Education Teacher Education: CMST 131 or CMST 132; POLS 155 or POLS 355.

Physical Education Teacher Education Option must take an alternate set of courses in order to meet the required 120 units for the BA. See a PETE adviser as soon as possible to establish an academic contract.

Additional Requirements:

By the beginning of the junior year, at the time of admission to the credential program, students must have a cumulative GPA of 2.67, or a GPA of 2.75 for the last 60 units. Candidates must maintain a 3.0 average or better in EDTE 530 courses. KINE courses listed must be completed with a C- or better.

Optional Adapted Physical Education Specialist Credential: 20 units

In order to complete the specialist credential in adapted physical education, students must obtain or be working toward a credential that authorizes them to teach physical education. This credential allows future physical education teachers to instruct individuals with disabilities in the public schools. These courses may be taken in addition to the Option in Teacher Education program, but are not required for that option or degree.

7 courses required:

- KINE 315 Intro to Adapted Phys Act 3.0 FS
- KINE 351 Aquatics for Adaptive Instr 2.0 SP
- Prerequisites: First Aid and CPR or faculty permission; WSI recommended.
- KINE 513 Prog for Phys/Neuro Disabil 3.0 SP
- Prerequisites: KINE 315 or faculty permission.
- KINE 514 Prog Mental/Emot/Lrn Disabil 3.0 FA
- Prerequisites: KINE 315 or faculty permission.
- KINE 515 Collaboration in Adapted PE 3.0 SP
- Prerequisites: KINE 315 or faculty permission.
- KINE 516 Motor Assess Exceptional Child 3.0 FA
- Prerequisites: KINE 315 or faculty permission.
- KINE 617 Fieldwork Adapted Phys Educ 3.0 FS
- Prerequisites: KINE 515, faculty permission.

THE OPTION IN MOVEMENT STUDIES: 26-53 units

OPTION CORE: 9-19 units

Lower-Division Activity Breadth Courses: 6-13 units

Complete six courses in at least five of the seven groups below:

Aquatics Group

- KINE 351 Aquatics for Adaptive Instr 2.0 SP
- Prerequisites: First Aid and CPR or faculty permission; WSI recommended.
- PHED 125 Beginning Scuba Diving 2.0 FS
- Prerequisites: Ability to swim in deep water.
- PHED 154A Beginning Swimming 1.0 FS
- PHED 154B Intermediate Swimming 1.0 FS
- Prerequisites: Ability to swim in deep water; satisfactory performance of front crawl, sidestroke, and elementary backstroke.
- PHED 154C Advanced Swimming 1.0 FS
- Prerequisites: Ability to swim in deep water; satisfactory performance of front crawl, sidestroke, and elementary back stroke.
- PHED 154E Swimming: Individualized Prog 1.0 FS
- PHED 164A Beginning Water Polo 1.0 FS
- PHED 164B Intermediate Water Polo 1.0 FS

Dance, Tumbling, or Gymnastics Group

- KINE 352 Introduction to Dance 3.0 FS
- PHED 113I Beg Ballroom: Men 1.0 FS
- PHED 113V Beg Ballroom: Women 1.0 FS
- PHED 114V Int Ballroom: Men 1.0 FS
- Prerequisites: PHED 113I.
- PHED 114W Int Ballroom: Women 1.0 FS
- Prerequisites: PHED 113V.
- PHED 136I Beginning Gymnastics: Men 1.0 FS
- PHED 136J Intermediate Gymnastics: Men 1.0 FS
- PHED 136M Intermediate Gymnastics: Women 1.0 FS
- PHED 136W Intermediate Gymnastics: Women 1.0 FS
- PHED 160A Beginning Tumbling 1.0 FS
- PHED 160B Intermediate Tumbling 1.0 FS

Individual or Dual Group

- PHED 112A Beginning Badminton 1.0 FS
- PHED 112B Intermediate Badminton 1.0 FS
- PHED 120A Beginning Bowling 1.0 FS
- PHED 120B Intermediate Bowling 1.0 FS
- PHED 120C Advanced Bowling 1.0 FS
- PHED 134A Beginning Golf 1.0 FS
- PHED 134B Intermediate Golf 1.0 FS
- PHED 146A Beg Ski, Board, Telemarking 1.0 SP
- Prerequisites: Faculty permission.
- PHED 146B Int Ski, Board, Telemarking 1.0 SP
- Prerequisites: Faculty permission.
- PHED 156A Beginning Tennis 1.0 FS
- PHED 156B Intermediate Tennis 1.0 FS
- PHED 156C Advanced Tennis 1.0 FS

Outdoor Education/Recreation Group

- KINE 224 Mthd Tch Rock Climbing 3.0 FA
- Prerequisites: Wilderness 1st Responder or faculty permission.
- KINE 228 Meth of Tch Canoeing/Kayaking 3.0 SP
- Prerequisites: Wilderness 1st Responder.
- PHED 111A Orienteering 1.0 FS
- PHED 117A Cycling 1.0 FS
- PHED 119A Cross-Country Skiing 1.0 FS
- PHED 121 Backpacking 2.0 FS
- PHED 123A Rock Climbing 1.0 FS

NOTE: Students completing the Outdoor Education Pattern may use two of the following courses to fulfill requirements both for that pattern and for the Outdoor Education/Recreation group activity course requirements:

- KINE 224, KINE 226, or KINE 228.
Personal Defense or Combatives Group
PHED 141A Beginning Jujitsu/Self-Defense 1.0 FS
PHED 141B Intermediate Jujitsu/Self-Defense 1.0 FS
PHED 142A Aikido 1.0 FS
PHED 143A Beginning Karate 1.0 FS
PHED 143B Intermediate Karate 1.0 FS
PHED 144A Beginning Taekwondo 1.0 FS

Team Sports Group
PHED 118A Intermediate Basketball: Men 1.0 FS
PHED 118B Intermediate Basketball: Women 1.0 FS
PHED 118W Intermediate Basketball: Women 1.0 FS
PHED 129 Flag Football 1.0 FA
PHED 147I Beginning Indoor Soccer: Men 1.0 FS
PHED 147I Intermediate Indoor Soccer: Men 1.0 FS
PHED 147V Beginning Indoor Soccer: Women 1.0 FS
PHED 147W Intermediate Indoor Soccer: Women 1.0 FS
PHED 148I Beginning Soccer: Men 1.0 FS
PHED 148B Intermediate Soccer: Men 1.0 FS
PHED 148V Beginning Soccer: Women 1.0 FS
PHED 148W Intermediate Soccer: Women 1.0 FS
PHED 149A Beginning Slow-Pitch Softball 1.0 FS
PHED 150V Beginning Softball: Women 1.0 SP
PHED 150W Intermediate Softball: Women 1.0 SP
PHED 162A Beginning Volleyball 1.0 FS
PHED 162B Intermediate Volleyball 1.0 FS
PHED 162C Advanced Volleyball 1.0 FS
PHED 162K Advanced Volleyball: Men 1.0 FS

Weight Training or Fitness Group
PHED 116A Beginning Aerobic Dance 1.0 FS
PHED 159 Jogging 1.0 FS
PHED 166A Beginning Weight Training 1.0 FS
PHED 166B Intermediate Weight Training 1.0 FS
PHED 166V Begin Weight Training: Women 1.0 FS
PHED 167A Beginning Lifetime Fitness 1.0 FS
PHED 167B Intermediate Lifetime Fitness 1.0 FS
PHED 167C Advanced Lifetime Fitness 1.0 FS
PHED 169 Yoga 1.0 Inq

Upper-Division Courses: 3-6 units
2 courses required:
KINE 389 Print of Strength & Conditioning 3.0 FS
Prerequisites: KINE 322, KINE 321, or faculty permission.
KINE 489 Internship Seminar 3.0 FS
Prerequisites: At least junior standing and faculty permission.

NOTE: KINE 489 is not required for students completing the Outdoor Education pattern.

Advising Pattern Course Requirements: 18-34 units
The following courses, or their approved transfer equivalents, are required depending upon the advising pattern chosen. Students must select one of the following advising patterns for completion of the major course requirements.

ADAPTED PHYSICAL ACTIVITY PATTERN: 20-21 units
5 courses required:
KINE 315 Intro to Adapted Phys Act 3.0 FS
KINE 345 Human Movement/Learn/Perform 3.0 FS
Prerequisites: Basic computer skills or faculty permission.
KINE 351 Aquatics for Adaptive Instr 2.0 SP
Prerequisites: First Aid and CPR or faculty permission; WSR recommended.
KINE 513 Prog for Phys/Neuro Disabil 3.0 SP
Prerequisites: KINE 315 or faculty permission.
KINE 514 Prog Mental/Emot/Disabil 3.0 PA
Prerequisites: KINE 315 or faculty permission

2 courses selected from:
KINE 316 Prin Spjt Injury Mgt 4.0 FS
Prerequisites: Basic First Aid or equivalent course, faculty permission.
KINE 436 Sports and Society 3.0 FS
This course is also offered as KINE 436.
KINE 447 Sports/Game/Play Non-West Cult 3.0 FS
Prerequisites: Basic computer skills or faculty permission.
KINE 492 Social Psy of Sport/Play/Games 3.0 FS
Prerequisites: Basic computer literacy skills.

COACHING AND ADMINISTRATION PATTERN: 24-25 units
Students wishing to pursue a career in coaching with any degree should consult with the Coordinator of the Outdoor Education program. Under the California Interscholastic Federation (CIF) requires individuals who are not kinesiology majors to acquire coaching certification. CIF has approved this pattern, and individuals who satisfactorily complete the program are automatically qualified to coach. See your adviser to discuss career plans and appropriate selection of courses.

4 courses required:
KINE 314 Psychology of Coaching 3.0 FS
KINE 345 Human Movement/Learn/Perform 3.0 FS
Prerequisites: Basic computer skills or faculty permission.
KINE 411 Assessment in Physical Edu 3.0 FS
Prerequisites: KINE 305, KINE 309, faculty permission.
KINE 430 Adm/Mgmt of Sport/Fit Progs 3.0 FS
Prerequisites: Basic computer literacy skills.

2 courses required:
KINE 331 Principles of Team Sports 3.0 FS
Prerequisites: Basic computer literacy skills. Course includes laboratory projects and written exams which cover the essential elements of coaching and performing in a team sport environment. One major project will be designed by each student.
KINE 332 Prin of Individual Sports 3.0 FS
Prerequisites: Basic computer literacy skills.
NOTE: Either KINE 331 or KINE 332 may be taken twice to meet this requirement.

2 courses selected from:
KINE 316 Prin Spjt Injury Mgt 4.0 FS
Prerequisites: Basic First Aid or equivalent course, faculty permission.
KINE 346 Sports and Society 3.0 FS
This course is also offered as KINE 436.
KINE 447 Sports/Game/Play Non-West Cult 3.0 FS
Prerequisites: Basic computer skills or faculty permission.
KINE 492 Social Psy of Sport/Play/Games 3.0 FS
Prerequisites: Basic computer literacy skills.

FITNESS AND WELLNESS PATTERN: 18-19 units
3 courses required:
KINE 345 Human Movement/Learn/Perform 3.0 FS
Prerequisites: Basic computer skills or faculty permission.
KINE 411 Assessment in Physical Edu 3.0 FS
Prerequisites: KINE 305, KINE 309, faculty permission.
KINE 480 Ex Testing and Prescription 3.0 FS
Prerequisites: KINE 323.

3 courses selected from:
KINE 315 Intro to Adapted Phys Act 3.0 FS
KINE 316 Prin Spjt Injury Mgt 4.0 FS
Prerequisites: Basic First Aid or equivalent course, faculty permission.
KINE 386 Sports Epidemiology 3.0 FS
Prerequisites: Basic computer skills or faculty permission.
KINE 482 Exercise Pathophysiology 3.0 FS
Prerequisites: Bachelor’s Degree in any discipline or KINE 322, KINE 323, KINE 480 or faculty permission.
KINE 485 Seminar in Sports Medicine 3.0 FS
Prerequisites: BIOL 103, BIOL 104, KINE 323, PHED 100 or faculty permission.
KINE 492 Social Psy of Sport/Play/Games 3.0 FS
This course is also offered as PSYC 492.
KINE 586 Anat/Patho Asp of Sports Inj 3.0 FS
Prerequisites: BIOL 103, BIOL 104, KINE 322
KINE 588 Sem Sport/Phys Act Health Care 3.0 FS
Prerequisites: KINE 317, KINE 381.

OUTDOOR EDUCATION PATTERN: 28-34 units
Students wishing to pursue a career in outdoor education with any degree should consult with the Coordinator of the Outdoor Education program. Wilderness 1st Responder certification is required for this pattern. It is granted and authorized through three different agencies: Wilderness Medicine Institute (WMI), Wilderness Medical Associates (WMA), and Stone Heath Open Learning Opportunities (SOLO). These companies conduct courses throughout North America and each company recognizes the others’ certification. Wilderness 1st Responder is offered on the CSU, Chico campus through WMI and is sponsored by the Associated Students, Adventure Outings. Wilderness 1st Responder certification also includes Standard First Aid and cardiopulmonary resuscitation (CPR) certification.

NOTE: Students completing this pattern may use two of the following required courses in the Outdoor Education/Recreation group lower-division activity course requirements: KINE 224, KINE 226, or KINE 228.
The Bachelor of Science in Exercise Physiology

Total Course Requirements for the Bachelor's Degree: 120 units

See “Requirements for the Bachelor’s Degree” in The University Catalog for complete details on general degree requirements. A minimum of 40 units, including those required for the major, must be upper division.

A suggested Major Academic Plan (MAP) has been prepared to help students meet all graduation requirements within four years. Please request a plan from your major advisor or view it and other current advising information on the CSU, Chico Web.

General Education Requirements: 48 units

See “General Education Requirements” in The University Catalog and The Class Schedule for the most current information on General Education Requirements and course offerings. The course requirements marked below with an asterisk (*) may also be applied toward General Education.

Cultural Diversity Course Requirements: 6 units

See “Cultural Diversity” in The University Catalog. Most courses taken to satisfy these requirements may also apply to General Education.

American Institutions Requirement: 6 units

See the “American Institutions Requirement” under “Bachelor’s Degree Requirements.” This requirement is normally fulfilled by completing HIST 130 and POLS 135. Courses used to satisfy this requirement do not apply to General Education.

Literacy Requirement:

See “Mathematics and Writing Requirements” in The University Catalog. Writing proficiency in the major is a graduation requirement and may be demonstrated through satisfactory completion of a course in your major which has been designated as the Writing Proficiency (WP) course for the semester in which you take the course. Students who earn below a C- are required to repeat the course and earn a C- or better to receive WP credit. See The Class Schedule for the designated WP courses for each semester. You must pass ENGL 130 (or its equivalent) with a C- or better before you may register for a WP course.

Course Requirements for the Major: 71-72 units

The following courses, or their approved transfer equivalents, are required of all candidates for this degree.

Lower-Division Requirements: 23 units

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 103 Human Anatomy</td>
<td>4.0</td>
<td>FS (*)</td>
</tr>
<tr>
<td>BIOL 104 Human Physiology</td>
<td>4.0</td>
<td>FS (*)</td>
</tr>
<tr>
<td>CHEM 107 Gen Chem for Applied Sciences</td>
<td>4.0</td>
<td>FS (*)</td>
</tr>
<tr>
<td>CHEM 108 Organic Chem for Applied Sci</td>
<td>4.0</td>
<td>FS (*)</td>
</tr>
<tr>
<td>PHED 100 Computer Application Phys Educ</td>
<td>3.0</td>
<td>FS (*)</td>
</tr>
<tr>
<td>PHYS 202A General Physics</td>
<td>4.0</td>
<td>FS (*)</td>
</tr>
</tbody>
</table>

Prerequisites: High school physics or faculty permission. High school trigonometry and second-year high school algebra or equivalent (MATH 031 and MATH 118 at CSU, Chico).

Mathematics Requirement: 3 units

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
<th>Semester</th>
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</thead>
<tbody>
<tr>
<td>MATH 315 Biometrics</td>
<td>3.0</td>
<td>FS (*)</td>
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</tbody>
</table>

Prerequisites: Completion of ELM requirement.

Upper-Division Requirements: 45-46 units

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 302 Evolution</td>
<td>3.0</td>
<td>SP</td>
</tr>
<tr>
<td>BIOL 303 Human Genetics</td>
<td>3.0</td>
<td>FS (*)</td>
</tr>
<tr>
<td>BIOL 322 Science and Human Values</td>
<td>3.0</td>
<td>SP (*)</td>
</tr>
</tbody>
</table>

This course is also offered as PHIL 322.

Prerequisites: BIOL 101 or BIOL 108.

BIOL 345 Biology of Cancer                                             | 3.0   | FS (*)   |

Prerequisites: BIOL 101 or BIOL 108.
11 courses required:

**CHEM 350** Introductory Biochemistry 3.0 FS
**Prerequisites:** CHEM 108.

**KINE 320** Embodied Knowledge: Kinesiol 3.0 FS WP
**Prerequisites:** ENGL 130 (or its equivalent) with a grade of C- or higher.

**KINE 322** Biomechanics 4.0 FS
**Prerequisites:** BIOL 103 or faculty permission for non-majors, basic computer literacy skills.

**KINE 323** Physiology of Exercise 4.0 FS
**Prerequisites:** BIOL 104 or faculty permission for non-majors.

**KINE 386** Sports Epidemiology 3.0 FS
**Prerequisites:** Basic computer skills or faculty permission.

**KINE 389** Prin of Strength & Conditioning 3.0 FS
**Prerequisites:** KINE 322, KINE 123, or faculty permission.

**KINE 480** Exercise Testing and Prescription 3.0 FS
**Prerequisites:** KINE 323.

**KINE 524** Biomechanical Analysis 3.0 FS
**Prerequisites:** KINE 322 and basic computer literacy.

**KINE 482** Exercise Pathophysiology 3.0 FS
**Prerequisites:** Bachelor’s Degree in any discipline or KINE 322, KINE 323, KINE 480 or faculty permission.

**KINE 485** Seminar in Sports Medicine 3.0 FS
**Prerequisites:** BIOL 103, BIOL 104, KINE 323, PHED 100 or faculty permission.

**NFSC 303** Nutrition/Physical Fitness 3.0 FS *
**Prerequisites:** One lower-division course in biological sciences.

2 courses selected from:

**KINE 315** Intro to Adapted Phys Act 3.0 FS
**Prerequisites:** KINE 322, KINE 323, or faculty permission.

**KINE 316** Prin Spt Injury Mgt 4.0 FS
**Prerequisites:** Basic First Aid or equivalent course, faculty permission.

**KINE 324** Ex Phys: Metabolism 4.0 SP
**Prerequisites:** BIOL 104, KINE 323.

**PHYS 202B** General Physics 4.0 FS
**Prerequisites:** PHYS 202A.

Electives Requirement:
To complete the total units required for the bachelor’s degree, select additional elective courses from the total university offerings. You should consult with an adviser regarding the selection of courses which will provide breadth to your university experience and possibly apply to a supportive second major or minor.

Grading Requirement:
All courses taken to fulfill major course requirements must be taken for a letter grade except those courses specified by the department as Credit/No Credit grading only.

Advising Requirement:
Advising is mandatory for all majors in this degree program. Consult your undergraduate adviser for specific information.

**THE MINOR IN EXERCISE SCIENCE**

Course Requirements for the Minor: 22-24 units

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

Departmental approval is required before you begin course work for this minor. Approval can be obtained by providing written notice of your intention to declare this minor to the department office.

4 courses required:

**BIOL 103** Human Anatomy 4.0 FS *
**BIOL 104** Human Physiology 4.0 FS *
**KINE 322** Biomechanics 4.0 FS
**KINE 323** Physiology of Exercise 4.0 FS
**Prerequisites:** BIOL 104.

2 courses selected from:

**KINE 316** Prin Spt Injury Mgt 4.0 FS
**Prerequisites:** Basic First Aid or equivalent course, faculty permission.

**KINE 324** Ex Phys: Metabolism 4.0 SP
**Prerequisites:** BIOL 104, KINE 323.

**KINE 386** Sports Epidemiology 3.0 FS
**Prerequisites:** Basic computer skills or faculty permission.

**KINE 389** Prin of Strength & Conditioning 3.0 FS
**Prerequisites:** KINE 322, KINE 323, or faculty permission.

**KINE 480** Exercise Testing and Prescription 3.0 FS
**Prerequisites:** KINE 323.

**KINE 524** Biomechanical Analysis 3.0 FS

**KINE 489** Internship Seminar 3.0 FS

**KINE 588** Sem Sport/Phys Act Health Care 3.0 FS
**Prerequisites:** KINE 317, KINE 381.

**NOTE:** An approved elective in exercise science may be substituted for the above with the prior permission of the adviser.

**THE MINOR IN COACHING**

Course Requirements for the Minor: 31-32 units

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

5 courses required:

**BIOL 103** Human Anatomy 4.0 FS *
**BIOL 104** Human Physiology 4.0 FS *
**KINE 322** Biomechanics 4.0 FS
**Prerequisites:** BIOL 103 or faculty permission for non-majors, basic computer literacy skills.

**KINE 323** Physiology of Exercise 4.0 FS
**Prerequisites:** KINE 322, KINE 323, or faculty permission.

**KINE 430** Adm/Mgmt of Sport/Fit Progs 3.0 FS
**Prerequisites:** Basic computer literacy skills.

1 course selected from:

**KINE 331** Principles of Team Sports 3.0 FS

2 courses selected from:

**KINE 314** Psychology of Coaching 3.0 FS
**KINE 316** Prin Spt Injury Mgt 4.0 FS
**Prerequisites:** Basic First Aid or equivalent course, faculty permission.

**KINE 346** Sport and Society 3.0 FS

This course is also offered as SOC 346.

**KINE 347** Sport/Game/Play Non-West Cult 3.0 *NW

**KINE 389** Prin of Strength & Conditioning 3.0 FS
**Prerequisites:** KINE 322, KINE 323, or faculty permission.

**KINE 489** Internship Seminar 3.0 FS

**KINE 492** Social Psy of Sport/Play/Games 3.0 FS
This course is also offered as PSYC 492.

**KINE 524** Biomechanical Analysis 3.0 FS
**Prerequisites:** KINE 322 and basic computer literacy.

**KINE 554** Theory/Prac of Play & Games 3.0 SP

Written Notice

Departmental approval is required before you begin course work for this minor. Approval can be obtained by providing written notice of your intention to declare this minor to the department office.
THE MINOR IN PHYSICAL EDUCATION

Course Requirements for the Minor: 27-28 units

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

Departmental approval is required before you begin course work for this minor. Consult with an academic advisor to plan your program carefully. For example, this minor may serve as part of a supplementary authorization to teach physical education.

3 courses required:

- BIOL 104 Human Physiology 4.0 FS *
- KINE 322 Biomechanics 4.0 FS
  Prerequisites: BIOL 103 or faculty permission for non-majors, basic computer literacy skills.
- KINE 323 Physiology of Exercise 4.0 FS
  Prerequisites: BIOL 104.

2 courses selected from:

- KINE 315 Intro to Adapted Phys Act 3.0 FS
  Prerequisites: Basic First Aid or equivalent course, faculty permission.
- KINE 320 Embodied Knowledge: Kinesiol 3.0 FS WP
  Prerequisites: ENGL 130 (or its equivalent) with a grade of C- or higher.

- KINE 321 Motor Development & Behavior 3.0 FS
- KINE 345 Human Movement/Learn/Perform 3.0 FS
  Prerequisites: Basic computer literacy skills or faculty permission.

3 courses selected from:

- KINE 302 Found Childhood Phys Educ 3.0 FS
- OR (the following course may be substituted for the above)
- KINE 309 Develop Approp PE for Children 3.0 FS
- KINE 305 Philosophy of School Based PE 3.0 FS
- KINE 314 Psychology of Coaching 3.0 FS
- OR (the following course may be substituted for the above)
- KINE 492 Social Psy of Sport/Play/Games 3.0 FS
  This course is also offered as PSYC 492.
- KINE 315 Intro to Adapted Phys Act 3.0 FS
- KINE 316 Prnt Spt Injury Mgt 4.0 FS
  Prerequisites: Basic computer skills or faculty permission.
- KINE 320 Embodied Knowledge: Kinesiol 3.0 FS WP
  Prerequisites: ENGL 130 (or its equivalent) with a grade of C- or higher.

KINE 312 Outdoor Education & Aquatics 3.0 FS
KINE 305 Philosophy of School Based PE 3.0 FS
KINE 315 Intro to Adapted Phys Act 3.0 FS
KINE 316 Prnt Spt Injury Mgt 4.0 FS

Written Notice

Departmental approval is required before you begin course work for this minor. Approval can be obtained by providing written notice of your intention to declare this minor to the department office.

THE CERTIFICATE IN OUTDOOR EDUCATION

Course Requirements for the Certificate: 27-36 units

The following courses, or their approved transfer equivalents, are required of all candidates for this certificate.

A grade point average of 2.5 or better must be earned for courses required for the certificate, with at least a C earned in each course.

Wilderness 1st Responder certification is required for this certificate. It is granted and authorized through three different agencies: Wilderness Medical Institute (WMI), Wilderness Medical Associates (WMA), and Stone Heath Open Learning Opportunities (SOLO). These companies conduct courses throughout North America and each company recognizes the others' certification. Wilderness 1st Responder is offered on the CSU, Chico campus through WMI and is sponsored by the Associated Students, Adventure Outings. Wilderness 1st Responder certification also includes Standard First Aid and cardiopulmonary resuscitation (CPR) certification.

2 courses required:

- KINE 460 Phil Found of Outdoor Educ 3.0 FS
- KINE 464 Facilitating Adventure Exp 3.0 FS
  Prerequisites: KINE 460.

1 course selected from:

- KINE 226 Meth of Tch Wilderness Living 3.0 FA
  Prerequisites: Wilderness 1st Responder or faculty permission.
- RECR 185 Camp Mgmt & Outdoor Leadership 3.0 FS

3 courses selected from:

- PHED 110 Phys Fitness: A Way of Life 3.0 FS *
  OR (the following course may be substituted for the above)
- KINE 323 Physiology of Exercise 4.0 FS
  Prerequisites: BIOL 104.
- KINE 320 Embodied Knowledge: Kinesiol 3.0 FS WP
  Prerequisites: ENGL 130 (or its equivalent) with a grade of C- or higher.
- KINE 462 Theory of Experiential Educ 3.0 FS
  Prerequisites: KINE 460.
- RECR 200 Foundations Leisure/Recreation 3.0 FS
- RECR 240 Outdoor Recreation Systems 3.0 FS
  Prerequisites: Concurrent enrollment in or prior completion of RECR 200, or faculty permission.
- RECR 310 Natrl Resource/Inform Citizen 3.0 FS *
  Prerequisites: Junior standing.

1 course selected from:

- KINE 224 Mthd Tch Rock Climbing 3.0 FA
  Prerequisites: Wilderness 1st Responder or faculty permission.
- KINE 227 Winter and the Mountain 4.0 JA
  Prerequisites: Wilderness 1st Responder, KINE 226 or RECR 187.
- KINE 228 Meth of Tch Canoeing/Kayaking 3.0 SP
  Prerequisites: Wilderness 1st Responder.

2 courses selected from:

- GEOS 101 General Geology 3.0 FS *
- GEOS 105 Introduction to Astronomy 3.0 FS *
- GEOS 120 Weather 3.0 FS
- GEOS 130 Intro to Environmental Science 3.0 FS *
- KINE 305 Philosophy of School Based PE 3.0 FS
- KINE 312 Outdoor Education & Aquatics 3.0 FS
  Prerequisites: Faculty permission.
- KINE 322 Biomechanics 4.0 FS
  Prerequisites: BIOL 103 or faculty permission for non-majors, basic computer literacy skills.
- KINE 462 Theory of Experiential Educ 3.0 FS
  Prerequisites: KINE 460.
- KINE 470 Practicum in Outdoor Education 9.0 SM
  Prerequisites: Wilderness 1st Responder, KINE 224, KINE 226, KINE 227, KINE 228, KINE 460, KINE 464, RECR 240.
- RECR 187 Outdoor Leadership Practicum 3.0 FS
  Prerequisites: RECR 185, or faculty permission.
- RECR 200 Foundations Leisure/Recreation 3.0 FS
- RECR 240 Outdoor Recreation Systems 3.0 FS
  Prerequisites: Concurrent enrollment in or prior completion of RECR 200, or faculty permission.
- RECR 310 Natrl Resource/Inform Citizen 3.0 FS *
  Prerequisites: Junior standing.
- RECR 448 Mhds/Materials for Environ Ed 3.0 FS
  Prerequisites: BIOL 342 or GEOS 130 or equivalent or faculty permission.
  This course is also offered as ENVS 448.
- RECR 570 Trends Outdoor Recr & Tourism 3.0 FS
  Prerequisites: Concurrent enrollment in or prior completion of RECR 200, or faculty permission.
THE CERTIFICATE IN SPORT AND HUMAN PERFORMANCE

Course Requirements for the Certificate: 37-40 units

The following courses, or their approved transfer equivalents, are required of all candidates for this certificate.

Candidates for the certificate must be accepted by the university, but it is not necessary to complete the requirements for a bachelor’s degree in order to receive the Certificate in Sport and Human Performance. An overall grade point average of 2.5 is required for the certificate.

7 courses required:

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<td>BIOL 104</td>
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6-9 units selected from:

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<td>PHED 102</td>
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THE SINGLE SUBJECT TEACHING CREDENTIAL IN PHYSICAL EDUCATION

Course Requirements for the Single Subject Teaching Credential: 107 units

The Option in Physical Education Teacher Education fulfills all requirements for the Single Subject Credential in Physical Education.

Your departmental credential adviser is responsible for verifying that the subject matter preparation program has been completed. If you are interested in obtaining a teaching credential, confer with the appropriate credential adviser early in your university career. Department credential advisers can assist you in planning an educational program that meets both major and credential requirements.

Subject matter preparation requirements are governed by legislative action and approval of the California Commission on Teacher Credentialing. Requirements may change between catalogs. Please consult with your departmental credential adviser for current information.

THE MASTER OF ARTS IN KINESIOLOGY

Objectives:
The Department of Kinesiology at CSU, Chico offers the Master of Arts degree in Kinesiology. The objectives of our graduate program are to develop skills, knowledge, and research experience so that students can take their place in the community as leaders, teachers, and researchers.

Course Requirements for the Master’s Degree: 30 units

Continuous enrollment is required. A maximum of 9 semester units of transfer credit may be applied toward the degree.

Graduate Time Limit: All requirements for the degree are to be completed within five years of the end of the semester of enrollment in the oldest course applied toward the degree. See “Graduate Education” in The University Catalog for complete details on general degree requirements.

Prerequisites for Admission to Conditionally Classified Status:

1. Satisfactory grade point average as specified in “Admission to Master’s Degree Programs” in The University Catalog.
2. Approval by the department and the Office of Graduate Programs.
3. A major or minor in Kinesiology from an accredited institution, or an equivalent approved by the Office of Graduate Studies and the Graduate Coordinator or, in absence of a degree in Physical Education, completion of the following (or their equivalent): KINE 322 (Biomechanics), KINE 323 (Physiology of Exercise); and two additional courses to be determined by the Graduate Coordinator. These courses must be satisfactorily completed before enrollment in graduate-level courses.
4. A minimum grade point average of 3.0 in the last 60 units of undergraduate work.
5. A score of 800 on the Graduate Record Examination based on the verbal and quantitative scales.
6. Evidence of computer literacy by completion of PHED 100 or an equivalent course or by examination.
7. Two letters of recommendation.

Prerequisites for Admission to Classified Status:

In addition to any requirements listed above:

A score of 1000 on the Graduate Record Examination, with scores of at least 425 each on the verbal and quantitative scales (for direct admission to Classified Status).

Graduation Time Limit: All requirements for the degree are to be completed within five years of the end of the semester of enrollment in the oldest course applied toward the degree. See “Graduate Education” in The University Catalog for complete details on general degree requirements.

Prerequisites for Admission to Conditionally Classified Status:

1. Satisfactory grade point average as specified in “Admission to Master’s Degree Programs” in The University Catalog.
2. Approval by the department and the Office of Graduate Programs.
3. A major or minor in Kinesiology from an accredited institution, or an equivalent approved by the Office of Graduate Studies and the Graduate Coordinator or, in absence of a degree in Physical Education, completion of the following (or their equivalent): KINE 322 (Biomechanics), KINE 323 (Physiology of Exercise); and two additional courses to be determined by the Graduate Coordinator. These courses must be satisfactorily completed before enrollment in graduate-level courses.
4. A minimum grade point average of 3.0 in the last 60 units of undergraduate work.
5. A score of 800 on the Graduate Record Examination based on the verbal and quantitative scales.
6. Evidence of computer literacy by completion of PHED 100 or an equivalent course or by examination.
7. Two letters of recommendation.

Prerequisites for Admission to Classified Status:

In addition to any requirements listed above:

A score of 1000 on the Graduate Record Examination, with scores of at least 425 each on the verbal and quantitative scales (for direct admission to Classified Status).

Graduation Time Limit: All requirements for the degree are to be completed within five years of the end of the semester of enrollment in the oldest course applied toward the degree. See “Graduate Education” in The University Catalog for complete details on general degree requirements.
Program Requirements for the MA in Kinesiology:

Completion of all requirements as established by the Department graduate committee, the graduate advisory committee, and the Office of Graduate Studies, to include:

1. Completion of an approved program consisting of 30 units of 400/500/600-level courses as follows:
   (a) At least 18 units must be in the discipline of Kinesiology, including the following core courses for all students:
       KINE 600 Seminar in Physical Education 3.0 FS
       KINE 601 Stat Meth in Kinesiology Res 3.0 FS
       Prerequisites: KINE 484 or faculty permission.
       KINE 602 Research Design in Kinesiology 3.0 FS
   (b) At least 21 of the units required for the degree must be in 600-level courses.
   (c) In addition to core courses required above, completion of requirements for one of the following courses of study (consult the Graduate Coordinator for specific courses required):
       (1) Adapted Physical Education
       (2) Athletic Training Education
       (3) Biomechanics
       (4) Exercise Physiology
       (5) Pedagogy
       (d) At least 9 units of the program must be completed after advancement to candidacy.
   (e) Not more than 9 semester units of transfer and/or extension credit (correspondence courses and LL.C. extension course work are not acceptable). Open University units are part of the 9-unit maximum.
   (f) Not more than a total of 10 units of Independent Study (697) and Master's Thesis (699T) or Master's Project (699P); not more than 6 units of Master's Thesis (6997) or 3 units of Master's Project (699P).

2. Completion and final approval of one of the following plans:
   (a) Thesis or Project Plan:
       Students will select 6 units of Master's Thesis (KINE 399T) or 3 units of Master's Project (KINE 399P), and will complete a thesis or project as specified by the graduate advisory committee, the Graduate Coordinator, and the departmental graduate committee. An oral defense of the thesis or project is required.
   (b) Comprehensive Examination Plan:
       In place of PHED 399T or KINE 399P, students will substitute additional units of 400/500/600-level course work that fits the curriculum track they have chosen to bring the total units for the degree to 30. In addition, they will satisfactory complete a written comprehensive examination on the program of study.
   3. Approval by the departmental graduate committee, the Graduate Coordinator, and the Graduate Coordinators Committee on behalf of the faculty of the university.

Option in Athletic Training Education

In addition to the admission requirements above, applicants to the Athletic Training Education Option must follow the following prerequisites:

Eligibility for the NATABOC Certification Exam

Eligibility requires:

1. Completion of an undergraduate degree.
2. Completion of required course work, including
   (a) human anatomy (BIOL 103)
   (b) human physiology (BIOL 104)
   (c) beginning athletic training (KINE 316)
   (d) advanced athletic training (KINE 317)
   (e) human nutrition (INFSC 303 or NFSC 240)
   (f) exercise physiology (KINE 323)
   (g) biomechanics (KINE 322)
   (h) biomechanical analysis (KINE 524)
3. Clinical hours: (a) Curriculum candidates must have completed an entry-level program accredited by CAATEP (Commission on Accreditation of Allied Health Education Programs) in no less than two calendar years. The program must include 800 hours of athletic training experience under the supervision of a NATABOC-certified athletic trainer. The athletic training experiences must be obtained from athletic training settings associated with the accredited curriculum.
   (b) Internship candidates must present documentation of having at least 1500 hours of athletic training experience under the supervision of a NATABOC-certified athletic trainer. The applicant must show proof that the athletic training experience was gained over a period of at least two calendar years.

Admission to the Athletic Training Education Option:

Admission to this option will be limited. In addition to the requirements for all applicants to the MA in Kinesiology, applicants to this option must:

1. Complete a supplemental application.
2. Submit three letters of recommendation.
3. Have a personal interview with the Athletic Training Option Selection Committee.

7 courses required:

KINE 485 Seminar in Sports Medicine 3.0 FS
Prerequisites: BIOL 103, BIOL 104, KINE 323, PHED 100 or faculty permission.
KINE 586 Anat/Patho Asp of Sports Inj 3.0 FS
Prerequisites: BIOL 103, BIOL 104, KINE 122.
KINE 588 Sem Sport/Phys Act Health Care 3.0 FS
Prerequisites: KINE 317, KINE 381.
KINE 600 Seminar in Physical Education 3.0 FS
KINE 601 Stat Meth in Kinesiology Res 3.0 FS
KINE 602 Research Design in Kinesiology 3.0 FS
KINE 679 Sem Biological Found Phys Educ 3.0 FA
Prerequisites: KINE 602, faculty permission.

9 units selected from:

KINE 624 Biomechanical Analysis 3.0 FS
Prerequisites: KINE 322 and basic computer literacy, faculty permission.
KINE 625 Biomechanics Sports Technique 3.0 SP
KINE 661 Current Trends/Probs Phys Ed 3.0 FS
KINE 678 Exercise and Aging 3.0 FS
KINE 680 Sport in Environ Physiological 3.0 SP
Prerequisites: KINE 123.
KINE 681 Ex Mgnt - Chronic Disabilities 3.0 Inq
Prerequisites: KINE 322, KINE 323, KINE 480, and faculty permission.
KINE 682 Exercise Cardiology 3.0 Inq
Prerequisites: KINE 321, KINE 480, KINE 482, and faculty permission.
KINE 697 Independent Study 1.0-3.0 FS
Note: Supervised clinical assignments may be used as independent study credit, not to exceed 10 units.
KINE 699P Master’s Project 1.0-6.0 FS
Prerequisites: See the department secretary.
KINE 699T Master’s Thesis 1.0-6.0 FS
Prerequisites: See the department secretary.
OR any 400/500/600-level university course with the approval of the option adviser.

Graduate Literacy Requirement:
Writing proficiency is a graduation requirement.
Physical Education majors will demonstrate their writing competence through the successful completion (grade of B or better) of KINE 600 Seminar in Physical Education.

Graduate Grading Requirements:
All courses in the major (with the exceptions of Independent Study - 597/697, Comprehensive Examination - 696, Master's Project - 699P, and Master's Thesis - 699T) must be taken for a letter grade, except those courses specified by the department as ABC/No Credit (400/500-level courses), AB/No Credit (600-level courses), or Credit/No Credit grading only. A maximum of 10 units combined of ABC/No Credit, AB/No Credit, and Credit/No Credit grades may be used on the approved program (including 597/697, 696, 699P, and courses outside the major). While grading standards are determined by individual programs and instructors, it is also the policy of the university that unsatisfactory grades may be given when work fails to reflect achievement of the high standards, including high writing standards, expected of students pursuing graduate study. Students must maintain a minimum 3.0 grade point average in each of the following three categories: all course work taken at any accredited institution subsequent to admission to the master's program; all course work taken at CSU, Chico subsequent to admission to the program; and all courses on the approved master's degree program.

Graduate Advising Requirement:
Students should consult the Graduate Coordinator for adviser assignment. No later than the end of the first semester of graduate study, students must identify a graduate faculty member who agrees to serve as their graduate adviser. This adviser must be in the student’s area of specialization.

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Kinesiology, Physical Education, & Exercise Physiology

The Faculty

Jack Azevedo, 1999, Assoc Professor, PhD, UC Berkeley.
Don W. Batie, 1967, Professor, MS, U NM.
Raymond M. Bright, 1968, Professor Emeritus, MA, CSU Chico.
Craig A. Buschner, 1989, Professor, EdD, OK State U.
Don Chu, 1988, Professor, PhD, Stanford U.
Reid Cross, 2001, Assist Professor, EdD, U of Northern Colorado.
Thomas D. Fahey, 1982, Professor, EdD, UC Berkeley.
Steve Hannigan-Downs, 2002, Assist Professor, PhD, Oregon State U.
Catherine Hinton, 1998, Assoc Professor, PhD, VA Tech.
Jackie Hudson, 1994, Professor, PhD, Temple U.
Gayle E. Hutchinson, 1990, Chair, Professor, EdD, U Mass.
Duane Knudson, 1997, Professor, PhD, U WI.
Donald E. Lytle, 1968, Professor, PhD, US Int'l U.
Rebecca Lytle, 1999, Assoc Professor, PhD, Oregon State U.
Sharon Sue Porter, 1968, Professor Emeritus, MS, U Mass.
Scott Roberts, 2001, Assoc Professor, PhD, U NM.
Robert F. Russ, 1969, Professor Emeritus, MA, New Mex St.
Charles D. Scott, 1972, Professor, EdD, Columbia U.
Patricia A. Smiley, 1974, Professor, EdD, Nova.
George David Swanson, 1989, Professor, PhD, Stanford U.
James R. Trimmer, 1968, Professor Emeritus, PhD, U Utah.
Josh Trout, 2003, Assist Professor, PhD, U Illinois.

Kinesiology Course Offerings

Please see the section on “Course Description Symbols and Terms” in The University Catalog for an explanation of course description terminology and symbols, the course numbering system, and course credit unit titles. All courses are lecture and discussion and employ letter grading unless otherwise stated. Some prerequisites may be waived with faculty permission. Many syllabi are available on the Chico Web.

KINE 157 Water Safety Instruction 3.0 Fa/Spr
Prerequisites: Superior skill in swimming strokes; current American Red Cross Lifesaving Certificate.
A.R.C. Water Safety Instructor Certificate is issued upon satisfactory completion of course. Part I: review, analysis, and evaluation of basic strokes and lifesaving techniques. Part II: theoretical background of aquatics instruction and practical experience. Formerly PHED 127.

KINE 206 Aquatics 3.0 Fa/Spr
Prerequisites: Intermediate swimming or the equivalent.
The analysis of selected movement activities which emphasize aquatic skill. Application of skill and knowledge includes stroke mechanics, synchronized swimming, off-deck diving, water polo, and water games.
2.0 hours clinical, 2.0 hours activity. Formerly PHED 106.

KINE 207 Analysis of Physical Education Theory 2.0 Fa/Spr
Prerequisites: Special permission required. See department secretary.
Supervised on-campus leadership course in physical education activity courses. Critical analyses of physical education leadership techniques. You may take this course more than once for a maximum of 6.0 units. Formerly PHED 107.

KINE 219 Electrophysiology: Myocardial Anatomy, Physiology, and Electrophysiology 1.0 Fa/Spr
This is the first of a three-part course offered in sequence during a semester. Introduction to the essential principles of the anatomy and physiology of the heart, electrophysiology, and basic electrocardiography. After successfully completing this course, students will be able to understand basic anatomy and physiology of the heart, electrophysiology of the heart, and will be able to identify the basic components of the electrocardiogram. Formerly PHED 119. This course is also offered as NURS 219.

KINE 220 Electrophysiology: Basic Arrhythmia Recognition 1.0 Fall
This is the second of a three-part course offered in sequence during a semester. Introduction to basic arrhythmia recognition and interpretation and the 12-Lead ECG system. After successfully completing this course, students will be able to recognize, interpret, and understand the clinical significance of atrial and ventricular arrhythmias, as well as understand the 12-Lead ECG system. Formerly PHED 120. This course is also offered as NURS 220.

KINE 221 Electrophysiology: Introduction to 1.0 Fall
This is the third of a three-part course offered in sequence during a semester. Introduction to bundle branch blocks, cardiac hypertrophy, myocardial infarction, and myocardial ischemia. After successfully completing this course, students will be able to recognize, interpret, and understand the clinical significance of bundle branches, chamber enlargement, electrolyte imbalances, and myocardial ischemia and infarction. Formerly PHED 121. This course is also offered as NURS 221.

KINE 224 Methods of Teaching Rock Climbing 3.0 Fall
Prerequisites: Wilderness 1st Responder or faculty permission.
This course is for outdoor education and recreation leaders and is an introduction to the skills and safety systems associated with beginning rock climbing (e.g., top rope climbing and belaying) and the management of rock climbing in outdoor programs. Additionally, teaching methods appropriate for rock climbing are discussed, demonstrated, and evaluated. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule. Formerly PHED 024.

KINE 226 Methods of Teaching Wilderness Living 3.0 Fall
Prerequisites: Wilderness 1st Responder or faculty permission.
Introduction to basic summer backpacking skills, including equipment, nutrition, fitness, minimum impact camping, safety, beginning map and compass skills, leadership issues, and environmental ethics. Emphasis on technical applications and the implementation of these skills in adventure programs. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule. Formerly PHED 026.

KINE 227 Winter and the Mountain 4.0 Jan
Prerequisites: Wilderness 1st Responder, KINE 226 or RECR 187.
Introduction to winter wilderness living skills including nutrition, minimum impact camping, snow physics, avalanche, safety, medical issues, back country skiing techniques, snow shelters, leadership issues, and environmental ethics. Emphasis is on technical applications and the implementation of these skills in adventure programs. Successful completion of this class earns the student Level 1 avalanche certification. 2.0 hours lecture, 4.0 hours activity. Special fee required; see The Class Schedule. ABC/cno grading only. Formerly PHED 027.

KINE 228 Methods of Teaching Canoeing and Kayaking 3.0 Spring
Prerequisites: Wilderness 1st Responder or faculty permission.
This course gives students a basic introduction to whitewater canoeing and kayaking skills. Students gain a basic understanding of the equipment, techniques, and procedures to conduct kayaking activities in flat water, moving water, and whitewater environments. Emphasis is on the development of individual paddling skills, safe and conscientious paddling, and group management while on moving water, 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule. ABC/cno credit grading only. Formerly PHED 028.

KINE 296 American Sports in Film 3.0 Fa/Spr
The study of American sport history, the language of sport, and the contributions made by men and women from a variety of ethnic backgrounds. The focus will be on understanding motor development in infants and children (birth to age 10). This course studies the physical, cognitive and social/emotional aspects of motor development. Formerly PHED 196.

KINE 301 Principles of Skill Acquisition 3.0 Inquire
A study of the processes involved in learning motor skills. Emphasis is placed on conditions which promote the acquisition and retention of skills and their transfer to the sports contest and performance. Topics include task analysis, stages of learning, practice conditions, and the use of learning aids. Formerly PHED 201.

KINE 302 Foundations of Childhood Physical Education 3.0 Fa/Spr
This course is designed to present a knowledge base of physical education that includes the analysis of movement skills and movement patterns, physical fitness, and how physical education is inherently linked to health and wellness. Also studied in this course will be children’s motor development and how emotional, cognitive, and social growth characteristics influence motor development. Formerly PHED 123.
KINE 305  Philosophy of School Based Teaching Physical Education 3.0 Fa/Spr
This course is designed for single subject majors and prospective teachers using a reflective approach to school based physical education. The course focuses on seven primary content areas to include teacher socialization, teaching/coaching role conflict, reflective teaching and learning, lifespan model of physical education, diversity and equity, and curriculum models. 2.0 hours lecture, 2.0 hours activity. Formerly PHED 143.

KINE 308  Dance, Rhythms, and Educational Gymnastics 3.0 Fa/Spr
Prerequisites: Faculty permission. The analysis and performance of basic fundamental movement skills and rhythmic activities for various dance forms (modern, social, folk, square). Developmentally appropriate learning experiences in educational gymnastics. This course is for Physical Education majors and Liberal Studies Concentration students. 2.0 hours clinical, 2.0 hours activity. Formerly PHED 108.

KINE 309  Developmentally Appropriate Physical Education for Children 3.0 Fa/Spr
The philosophies and objectives, curriculum content (movement concepts and motor skills), and evaulative techniques for developmentally appropriate children's physical education are emphasized. 2.0 hours clinical, 2.0 hours activity. Formerly PHED 109.

KINE 310  Outdoor Education and Aquatics 3.0 Fa/Spr
Prerequisites: Faculty permission. The analysis and practice of selected movement activities that emphasize wilderness travel and survival. Application of skill and knowledge includes camping, backpacking, orienteering, and rock climbing. Analysis of selected aquatic skill. Application of skill and knowledge includes stroke mechanics, off-deck diving, water polo and water games. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule. Formerly PHED 112.

KINE 314  Psychology of Coaching 3.0 Fa/Spr
Exploration of how certain guides for teaching the process of learning may be applied to the successful coaching of sports. To offer the experienced and beginning coach the opportunity of becoming more sensitive to certain aspects of interpersonal behavior and motivational psychology as they apply to today's more perceptive and value-oriented athlete. Formerly PHED 202.

KINE 315  Introduction to Adapted Physical Activity 3.0 Fa/Spr
A study of common disabilities found across the lifespan. Discussion topics include adaptation, curriculum content (movement concepts and motor skills), and evaluation of the roles and responsibilities of the adapted physical education specialist and the inclusive educational environment also are examined. This course is applicable to all disciplines dealing with the disabled. Formerly PHED 212.

KINE 316  Principles of Sports Injury Management 4.0 Fa/Spr
Prerequisites: Basic First Aid or equivalent course, faculty permission. Theory and practice in the prevention, care, and rehabilitation of injuries commonly encountered in sport and competitive athletics. Concepts of injury recognition and management will be covered. 3.0 hours clinical, 2.0 hours activity. Formerly PHED 116.

KINE 317  Advanced Athletic Training 3.0 Fa/Spr
Prerequisites: KINE 316. Advanced bandaging techniques, evaluation of individual injuries, and special field work experience. Formerly PHED 117.

KINE 318  3-D Desktop Video Applications 3.0 Fa/Spr
Class topics and projects will explore human movement activities in 3 dimensions. Students will use video cameras, computers, the Video Toaster and Lightwave 5 to produce a 3-D videotape of human movement. 2.0 hours lecture, 2.0 hours activity. Formerly PHED 218.

KINE 320  Foundations of Embodied Knowledge in Kinesiology 3.0 Fa/Spr
Prerequisites: ENGL 110 (or its equivalent) with a grade of C- or higher. This course introduces concepts, theories, and research related to physical education, sport, fitness and exercise behavior. It is designed to introduce one to embodied knowledge and psychosocial movement concepts and practices. Select topics will include exercise psychology, motivation, arousal, motor learning, stress, anxiety and competitive and cooperative behaviors of humans in individual, team, and group movement settings. This is a writing proficiency, WP, course; a grade of C- or better certifies writing proficiency for majors. Formerly PHED 114.

KINE 321  Motor Development and Behavior 3.0 Fa/Spr
Theories of motor development, acquisition, and refinement of skills as well as skill themes and movement concepts are studied. Physical, neurological, and physiological principles and qualitative changes in motor skills occurring from infancy to preadolescence and adolescence to older adulthood are analyzed. Formerly PHED 144.

KINE 322  Biomechanics 4.0 Fa/Spr
Prerequisites: BIOL 103 or faculty permission for non-majors, basic computer literacy skills. Anatomical and mechanical bases of human movement with application to more skillful and safe performance. Qualitative and quantitative methods of analysis are introduced. 3.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule. Formerly PHED 185.

KINE 323  Physiology of Exercise 4.0 Fa/Spr
Prerequisites: BIOL 104. This course is an in-depth study of the physiology of exercise. Emphasis will be placed on energy metabolism during exercise and its relationship to the circulatory, pulmonary, and neuro-endocrine systems. Practical application will be stressed through discussions of clinical exercise physiology, exercise and disease, special populations, biological adaptation, and the biology of peak performance. Concepts will be reinforced through laboratory exercises. 3.0 hours clinical, 2.0 hours activity. Formerly PHED 180A.

KINE 324  Exercise Physiology: Metabolism 4.0 Spring
This course introduces students to the cellular aspects of exercise. Students become familiar with the mechanisms of exercise-induced adaptations and how exercise ameliorates metabolic disorders. Students gain insight into the hormonal and neural regulation of cellular processes, the various processes at the cellular level, the mechanisms responsible for increased enzyme content in trained skeletal muscle, and how exercise affects gene transcription. 3.0 hours lecture, 2.0 hours activity. Formerly PHED 180B.

KINE 331  Principles of Team Sports 3.0 Fa/Spr
Prerequisites: Basic computer literacy skills. Course includes laboratory projects and written exams which cover the essential elements of coaching and performing in an individual sport environment. One major project will be designed by each student. 2.0 hours lecture, 3.0 hours laboratory. You may take this course more than once for a maximum of 9.0 units. Formerly PHED 231.

KINE 332  Principles of Individual Sports 3.0 Fa/Spr
Prerequisites: Basic computer literacy skills. Course includes laboratory projects and written exams which cover the essential elements of coaching and performing in an individual sport environment. One major project will be designed by each student. 2.0 hours lecture, 3.0 hours laboratory. You may take this course more than once for a maximum of 9.0 units. Formerly PHED 232.

KINE 340  Educational Games, Gymnastics, and Dance 3.0 Fa/Spr
Prerequisites: PHED 100 or faculty permission, KINE 309. Developmentally appropriate learning experiences in educational games, gymnastics, and dance will be emphasized. Content progresses and application of movement concepts and motor skills, using a developmental perspective, provide prospective teachers with content knowledge that goes beyond fundamental movements but precedes structured (official) sports, games, gymnastics, and dance. 2.0 hours lecture, 2.0 hours activity. Formerly PHED 140.

KINE 343  Human Movement, Learning, and Performance 3.0 Fa/Spr
Prerequisites: Basic computer skills or faculty permission. This course, designed for the prospective teacher of physical education, focuses upon the theory and application of motor skill learning, and behavioral characteristics of participants in motor activities. Topics include motor growth and development, performance and skill, attentional factors, motivational factors, personality factors, stress, and perceptual motor learning. Formerly PHED 145.

KINE 346  Sport and Society 3.0 Fa/Spr
This course synthesizes the latest research on sport from a variety of sources and presents methods of evaluating current social controversies. This course will promote a sounder understanding of current and future trends of sport in America. Formerly PHED 146. This course is also offered as SOCI 346.

KINE 347  Sport, Games, and Play in Non-Western Cultures 3.0 Fa/Spr
The course seeks to develop an understanding of the dimensions along which the human exercise varies. Sport, game, and play forms vary dependent upon the cultural environment and historical period in which they are embedded. Analysis of variations in sport forms will provide cultural and temporal perspective on differences in human behaviors, beliefs, and social institutions. This is an approved General Education course. This is an approved Non-Western course. Formerly PHED 147.
KINE 351 Aquatics for the Adapted Instructor 2.0 Spring
Prerequisites: First Aid and CPR or faculty permission; WSI recommended.
Specific instructor training in aquatics programs for individuals with disabili-
ties. Inclusive and developmentally appropriate aquatic activities, sports, and games are included. Qualified students may earn Special Olympic coach's certification in aquatics. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 051.

KINE 352 Introduction to Dance 3.0 Fa/Spr
Survey course of dance as an art form, including social, ballet, modern, post-modern, jazz, and musical comedy. Topics covered will include the artistic role of dance and the roots, theories, criticism, and concepts which inform the contemporary dance aesthetic. An appreciation course employing lecture, discussion, video/film. This course is entirely Internet based, with some additional on-campus time. This is an approved General Education course. Formerly PHED 152.

KINE 381 Reconditioning of Athletic Injuries 3.0 Spring
Prerequisites: KINE 316; a course in anatomy is recommended.
The role of exercise in the reconditioning of common athletic injuries. Principles in the development and application of exercise programs for injured athletes. Formerly PHED 181.

KINE 386 Sports Epidemiology 3.0 Fa/Spr
Prerequisites: Basic computer skills or faculty permission.
Methods of epidemiology are now being applied to sports performance, injury prevention and recovery, and exercise-related disease prevention. This course will cover observational study design and analysis, including elementary probability theory using Bayes rule, sampling, relative risk, odds ratio, data adjustment via elementary analysis covariance, and data extrapolation and prediction. Formerly PHED 186.

KINE 387 Introduction to Field Work 3.0 Fa/Spr in Athletic Training
Prerequisites: KINE 316; a course in anatomy is recommended.
Introduction to the practical application of basic athletic training principles. Includes becoming familiar with strapping techniques, wound care, mobility, use, policies, procedures, and NATA Certification Requirements. Formerly PHED 187.

KINE 389 Principles of Strength and Conditioning 3.0 Fa/Spr
Prerequisites: KINE 316; a course in anatomy is recommended.
The role of exercise in the reconditioning of common athletic injuries. Principles in the development and application of exercise programs for injured athletes. Formerly PHED 181.

KINE 398 Special Topics 1.0-3.0 Fa/Spr
Prerequisites: Department permission.
This course is for special topics offered for 1.0-3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See The Class Schedule for the specific topic being offered. Formerly PHED 198.

KINE 399 Special Problems 1.0-3.0 Fa/Spr
This course is an independent study of special problems and is offered for 1.0-3.0 units. You must register directly with a supervising faculty member. You may take this course more than once for a maximum of 6.0 units. Credit/no credit grading only. Formerly PHED 199.

KINE 410 Developmentally Appropriate Physical Education for Middle School Students 3.0 Fa/Spr
Prerequisites: KINE 315, KINE 319.
Students learn about developmentally appropriate physical education for youth in middle school (grades 6-8). Students also learn about the philosophies and goals/objectives, curriculum content, and evaluative techniques using sport activities such as lacrosse, team handball, ultimate frisbee, and disc golf. 2.0 hours clinical, 2.0 hours activity. Formerly PHED 110.

KINE 411 Assessment in Physical Education 3.0 Fa/Spr
Prerequisites: KINE 305, KINE 309, faculty permission.
The course is designed for the prospective physical education teacher. Application of tests and measurements in the evaluation process will be defined. Included will be the evaluation of sport skill, motor ability, physical performance, and cardiovascular fitness. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule. Formerly PHED 184.
This is a sample text that demonstrates the use of a large text dataset for educational purposes. It includes a variety of topics such as Kinesiology, Physical Education, Exercise Physiology, and more. The text is structured in a way that highlights the importance of physical activity and its impact on health and well-being. It also touches on the role of technology in education and research, as well as the importance of collaboration in various fields. The text is designed to be engaging and informative, providing insights into the latest developments and trends in the field of study.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Offered</th>
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<tbody>
<tr>
<td>KINE 557</td>
<td>Seminar in Theories of Perceptual-Motor Development</td>
<td>3.0</td>
<td>Inquire</td>
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<td></td>
<td>Prerequisites: Faculty permission.</td>
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<td></td>
<td>Survey of selected theories in perceptual-motor development, with emphasis</td>
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<td>on generalized application, program, components, and basic theoretical premises.</td>
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<td>Formerly PHED 257.</td>
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<tr>
<td>KINE 586</td>
<td>Anatomical and Pathomechanical Aspects of Sports Injuries</td>
<td>3.0</td>
<td>Fa/Spr</td>
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<td></td>
<td>Prerequisites: BIOL 103, BIOL 104, KINE 322.</td>
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<td></td>
<td>The study of human anatomy and specific pathomechanics related to sports and</td>
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<td>physical activity injuries. The course will focus on the role of anatomical</td>
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<td>structure and pathomechanical mechanisms of joint and tissue specific to</td>
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<td>injuries that occur to physically active populations. Previous study of human</td>
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<td>anatomy and kinesiology are required. Formerly PHED 286.</td>
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<tr>
<td>KINE 588</td>
<td>Seminar in Sport and Physical Activity Health Care</td>
<td>3.0</td>
<td>Fa/Spr</td>
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<td>Prerequisites: KINE 177, KINE 181.</td>
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<td></td>
<td>Advanced study of sports and physical activity health care. Topics include</td>
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<td>concepts of pathological orthopedic radiography, pharmacology, surgical</td>
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<td>techniques and recovery, and current trends in human performance health care.</td>
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<td></td>
<td>Previous study of athletic injury evaluation and rehabilitation required.</td>
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<td>Formerly PHED 288.</td>
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<tr>
<td>KINE 591</td>
<td>Educational Multimedia Development for Physical Education and Exercise Science</td>
<td>3.0</td>
<td>Spring</td>
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<td>Prerequisites: Admission to the Athletic Training Education Option or faculty</td>
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<td></td>
<td>permission. Students develop skills in designing, developing, and deploying</td>
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<td>educational multimedia learning objects specifically for Physical Education</td>
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<td>and Exercise Science content. A Learning Object represents a small unit of</td>
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<td>instruction that teaches a focused concept. It can contain opportunity for</td>
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<td>practice, simulation, collaboration and assessment around a Learning Objective</td>
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<td>or outcome. NOTE: this course utilizes online resources and requires</td>
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<td>completing assignments online. Formerly PHED 391.</td>
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<tr>
<td>KINE 598</td>
<td>Special Topics</td>
<td>1.0-3.0</td>
<td>Fa/Spr</td>
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<td>This course is comprised of topics offered for 1.0-3.0 units. Typically the</td>
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<td>topic is offered on a one-time-only basis and may vary from term to term and</td>
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<td>be different for different sections. See The Class Schedule for the specific</td>
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<td>topic being offered. Formerly PHED 299H.</td>
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<tr>
<td>KINE 599H</td>
<td>Physical Education Honors Senior Research</td>
<td>3.0</td>
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<td>Prerequisites: For Honors students only, who have completed 9 upper-division</td>
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<td>units in physical education courses. Permission of Honors advisor required,</td>
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<td>faculty permission. An intensive senior year, two-semester culminating</td>
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<td>experience taken as two 3-unit classes in consecutive semesters. Project</td>
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<td>outline and research plan on individual research project. Honors paper or</td>
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<td>project is prepared during second semester, at which time the student must</td>
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<td>be approved by the department’s Honors Coordinator, the Department Chair, and</td>
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<td>the University Honors Director. The project or paper may be included in an</td>
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<td>Honors capstone project. Formerly PHED 299.</td>
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<td>KINE 600</td>
<td>Seminar in Physical Education</td>
<td>3.0</td>
<td>Fa/Spr</td>
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<td>A course designed to investigate the relationship between the various facets</td>
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<td>of the discipline of physical education, including philosophy, history,</td>
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<td>psychology, sociology, exercise physiology, perceptual-motor learning,</td>
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<td>biomechanics, athletic training, and pedagogy. This is a required course in</td>
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<td>the MA program. Formerly PHED 300.</td>
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<td>KINE 601</td>
<td>Statistical Methods in Kinesiology Research</td>
<td>3.0</td>
<td>Fa/Spr</td>
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<td>Prerequisites: KINE 484 or faculty permission.</td>
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<td>Study of the descriptive and inferential statistics commonly used in</td>
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<td>kinesiology research. Emphasis is on learning concepts critical to reading</td>
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<td>research and using statistical computer programs with kinesiology data. This</td>
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<td>is a required course in the MA program. Formerly PHED 300.</td>
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<td>KINE 602</td>
<td>Research Design in Kinesiology</td>
<td>3.0</td>
<td>Fa/Spr</td>
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<td>The formation of research problems, evaluation of research, and research</td>
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<td>report styles in kinesiology. The interrelation of theory and research and</td>
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<td>the variety of research methods (e.g., descriptive, experimental, qualitative)</td>
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<td>are examined. This is a required course in the MA program. Formerly</td>
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<td>PHED 302.</td>
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<td>KINE 605</td>
<td>Sociological and Cultural Perspectives in Physical Education</td>
<td>3.0</td>
<td>Spring</td>
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<td>Prerequisites: KINE 602. An in-depth study of the theories of the origin of</td>
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<td>physical education; evaluation and assessment of findings as they relate to</td>
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<td>today’s discipline. Formerly PHED 305.</td>
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</table>
KINE 678 Exercise and Aging 3.0 Fa/Spr
This course deals with the aging process and how exercise influences this process. Theories of aging will be presented from both a Western medical point of view and an Eastern tradition point of view. The relevant physiology of aging will be considered from a "normal" aging perspective and from the perspective of degenerative disease development. Optional exercise strategies will be discussed with respect to a healthy aging process. Formerly PHED 378.

KINE 679 Seminar in Biological Foundations of Physical Education 3.0 Fall
Prerequisites: KINE 602, faculty permission. Immediate and long-range adaptations of the body to exercise. Physiological limits and work capacities in relation to age, sex, diet, environmental factors, and physical activity. Formerly PHED 303.

KINE 680 Seminar in Environmental Physiology 3.0 Spring
Prerequisites: KINE 323.
Physical functions in special environments, such as high altitude, space, elevated pressure, extreme temperatures, and polluted environments will be presented. Special consideration will be given to exercising in these environments. Formerly PHED 380.

KINE 681 Exercise Management - Chronic Disease and Disabilities 3.0 Inquire
Prerequisites: KINE 322, KINE 323, KINE 480, and faculty permission. This seminar is for students and health professionals who desire an in-depth discussion of the role of physical exercise as a medically recognized modality in conjunction with chronic disease and disabilities. This class is designed for all people who are currently working within the medical profession and for those students who are preparing for future careers in paramedical vocational fields. This course will present the most recent research and publications available for the exercise physiology working with individuals who suffer from chronic disease and existing physical disabilities. Formerly PHED 381.

KINE 682 Exercise Cardiology 3.0 Inquire
Prerequisites: KINE 482, and faculty permission. This seminar course is for students and health professionals who desire an in-depth discussion of cardiology as it relates to exercise physiology. Exercise will be viewed both in terms of minimizing risk factors and as a cardiac stressor. The role of physical exercise in generating risk, such as excessive free radicals and potassium, and as a cardiac trigger, as in sudden death and heart attack, will be explored. Cardiac rehabilitation will be related to exercise prescription. This class is designed for all people who are currently working within the medical profession and for those students who are preparing for future careers in paramedical vocational fields. This course will consider the most recent research and publications available for exercise physiologists in working with individuals who experience cardiac disease. Formerly PHED 382.

KINE 683 Bioenergetics 3.0 Inquire

KINE 689 Practicum in Athletic Training Education 3.0 Fa/Spr
Prerequisites: Admission to the Athletic Training Education Option or faculty permission. This seminar style course is cross-listed on which to discuss the experiences at students' assigned clinic sites. Students are responsible for providing case studies each week from their clinical assignments and interact with peers in solving problems with different cases or situations. Students are presented with new or varying treatments and assess protocols or possible rehabilitation programs that may be applicable to the case studies. You may take this course more than once for a maximum of 6.0 units. Formerly PHED 389.

KINE 690 Seminar in Athletic Training Education 3.0 Fall
Prerequisites: Admission to the Athletic Training Education Option or faculty permission. This seminar style course examines the complexity of teaching athletic training courses and the specific skills associated with the profession. The evolution of athletic training education is discussed from its early history to the new competencies in athletic training accreditation programs. Emphasis is on the cognitive, clinical, and psycho-motor aspects of athletic training education and the means by which each should be addressed in order to successfully educate a student athlete. In addition, educational learning styles are identified and explored. Formerly PHED 390.

KINE 697 Independent Study 1.0-3.0 Fa/Spr
This course is a graduate-level independent study offered for 1.0-3.0 units. You must register directly with a supervising faculty member. You may take this course more than once for a maximum of 6.0 units. Formerly PHED 398.

KINE 699P Master's Project 1.0-6.0 Fa/Spr
Prerequisites: See the department secretary. This course is offered for 1.0-6.0. You must register directly with a supervising faculty member. The project is the culminating graduate experience in which you can enroll in lieu of the thesis where the end result is a tangible product. Examples might include facilities planning, compilation of data, construction of a course of study, construction of teaching aids, publication of manuals, or producing a dance production. In each example there will be a written component intended to describe the process, the end result, and the candidate's competence in descriptive writing. You may take this course more than once for a maximum of 3.0 units. Formerly PHED 399P.

KINE 699T Master's Thesis 1.0-6.0 Fa/Spr
Prerequisites: See the department secretary. This course is offered for 1.0-6.0. You must register directly with a supervising faculty member. You may take this course more than once for a maximum of 6.0 units. Formerly PHED 399T.

Physical Education Activity Course Offerings
Please see the section on "Course Description Symbols and Terms" in The University Catalog for an explanation of course description terminology and symbols, the course numbering system, and course credit units. All courses are lecture and discussion and employ letter grading unless otherwise stated. Some prerequisites may be waived with faculty permission. Many syllabi are available on the Chico Web.

All activity courses, except beginning, require permission of the instructor. Unless otherwise noted, beginning activity courses may be taken twice for credit; intermediate and advanced courses may each be taken up to four times for credit.
The following letter coding is used to differentiate activity courses.
Beginning: A (co-ed), I (men only), V (women only)
Intermediate: B (co-ed), J (men only), W (women only)
Advanced: C (co-ed), K (men only), X (women only)

PHED 100 Computer Application to Physical Education 3.0 Fa/Spr
The legal, ethical, social, and economic implications of computer usage; basic operations, terminology and system components; and the use of a representative spreadsheet, telecommunication, and networking programs. Special emphasis is placed on developing and reviewing applications unique to physical education. 2.0 hours lecture, 2.0 hours activity. Special fee required; see The Class Schedule. Formerly PHED 100.

PHED 101 Safety Instruction in Physical Education 1.0 Fa/Spr
Red Cross multimedia certification and accident procedures for school settings. Formerly PHED 001.

PHED 110 Physical Fitness: A Way of Life 3.0 Fa/Spr
Students participate in and monitor the results of a training program in swimming, running, weight training, cycling, or aerobics. Lectures explore the body's response to exercise and how to best exercise. Information and guidelines on how to begin or maintain a program of healthy and enjoyable exercise are presented. Topics discussed include the values of exercise, the body's responses to exercise and training, fitness assessment, exercise prescription, exercise and the environment, exercise for special populations, and sports nutrition. 2.0 hours lecture, 2.0 hours activity. This is an approved General Education course. Formerly PHED 179.

PHED 111A Orienteering 1.0 Fa/Spr
Basic understanding of topographic maps and the compass, combined with orienteering races. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. ABC/no credit grading only. Formerly PHED 011A.

PHED 112A Beginning Badminton 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 012A.

PHED 112B Intermediate Badminton 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 012B.

PHED 113I Beginning Ballroom 1.0 Fa/Spr
The ballroom-dance sequence covers the range of contemporary social or balletic dancing in Western culture. Beginning ballroom introduces the basic techniques of Waltz, Fox trot, Swing, Salsa, Rumba, and Tango. For men only. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 013I.
Kinesiology, Physical Education, & Exercise Physiology

PHED 113V Beginning Ballroom 1.0 Fa/Spr
The ballroom-dance sequence covers the range of contemporary social or ballet dancing in Western culture. Beginning ballroom introduces the basic techniques of Waltz, Foxstep, Swing, Samba, Rumba, and Tango. For women only. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 013V.

PHED 114V Intermediate Ballroom 1.0 Fa/Spr
Intermediate ballroom builds upon the foundation of Beginning Ballroom. More sophisticated, modern, and complicated steps and dances are studied and mastered in a practical setting. For men only. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 014V.

PHED 116A Beginning Aerobic Dance 1.0 Fa/Spr
Aerobic fitness through dance. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 016A.

PHED 116B Intermediate Aerobic Dance 1.0 Fa/Spr
Aerobic fitness through dance. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 016C.

PHED 117A Bicycling 1.0 Fa/Spr
Techniques of bicycling. Knowledge and understanding of the methods related to repair and maintenance of either the racing and/or touring bikes combined with short touring trips. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 017A.

PHED 118J Intermediate Basketball: Men 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 018J.

PHED 118V Beginning Basketball: Women 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 018V.

PHED 119A Cross-Country Skiing 1.0 Fa/Spr
Cross-country skiing is a class designed for the person interested in exploring the backcountry of the High Sierra during the winter and spring months. The class is for the beginning cross-country skier. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Special fee required; see The Class Schedule. Credit/no credit grading only. Formerly PHED 019A.

PHED 120A Beginning Bowling 1.0 Fa/Spr
Special fee required; see The Class Schedule. Skills, rules, tournament play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 020A.

PHED 120B Intermediate Bowling 1.0 Fa/Spr
Special fee required; see The Class Schedule. Skills, rules, tournament play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 020B.

PHED 121 Backpacking 2.0 Fa/Spr
The wilderness experience is a special retreat into a different way of living; a journey away from the paved-over world that brings us new perceptions of ourselves. The backpacking course is a random collection of information, news, and sources about the wilderness. Tips on hiking gear, eating for the trail, and other wilderness details, plus actual wilderness experiences will be offered. 4.0 hours activity. You may take this course more than once for a maximum of 6.0 units. Special fee required; see The Class Schedule. Formerly PHED 021A.

PHED 123A Basic Rock Climbing 1.0 Fa/Spr
Basic Rock Climbing is designed to give the beginning climber a basic exposure to the thrill of rock climbing. The course will give the student the basic skills, techniques, and safety elements necessary to climb efficiently and safely. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Special fee required; see The Class Schedule. ABC/no credit grading only. Formerly PHED 023A.

PHED 123B Intermediate Rock Climbing 1.0 Fa/Spr
This class is designed to give the experienced rock climber the opportunity to develop, use, and perfect those skills learned at the beginning level and study and work with the skills and techniques essential to effective climbing at the intermediate level. In-class sessions will include video, pro-demonstrations, and hands-on experiences involving knots, systems, and advanced skill training. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. ABC/no credit grading only. Formerly PHED 023B.

PHED 125 Beginning Scuba Diving 2.0 Fa/Spr
Prerequisites: Ability to swim in deep water. This course is designed for students who have no previous experience in scuba diving. Students will develop safe scuba diving practices through lecture, video, reading, and pool sessions. Upon successful completion of the course, the student will be able to participate in Open Water Certification. 4.0 hours activity. Special fee required; see The Class Schedule. Formerly PHED 025.

PHED 129 Flag Football 1.0 Fall
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 029.

PHED 134A Beginning Golf 1.0 Fa/Spr
Skills, rules, etiquette, strategy, participation. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Special fee required; see The Class Schedule. Formerly PHED 034A.

PHED 134B Intermediate Golf 1.0 Fa/Spr
Skills, rules, etiquette, strategy, participation. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Special fee required; see The Class Schedule. Formerly PHED 034B.

PHED 136J Intermediate Gymnastics: Men 1.0 Fa/Spr
Skills on parallel bars, side horse, horizontal bar, and still rings. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 036J.

PHED 136J Intermediate Gymnastics: Women 1.0 Fa/Spr
Skills on uneven bars, balance beam, vaulting, and floor exercise. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 036J.

PHED 136V Beginning Gymnastics: Men 1.0 Fa/Spr
Skills on parallel bars, side horse, horizontal bar, and still rings. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 036V.

PHED 136V Intermediate Gymnastics: Women 1.0 Fa/Spr
Skills on uneven bars, balance beam, vaulting, and floor exercise. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 036W.

PHED 141A Beginning Jujitsu and Self-Defense 1.0 Fa/Spr
Self-defense concepts below. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 041A.

PHED 141B Intermediate Jujitsu and Self-Defense 1.0 Fa/Spr
Covers the basic history and philosophy of Japanese jujitsu as well as its application to self-defense. Students will acquire self-defense theory and skills, including escapes from grabs and holds, how and where to strike an assailant, how to roll and fall safely, and theories of attack and defense such as throwing, grappling, and submission techniques. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 041B.
PHED 142 Akido 1.0 Fa/Spr
Introductory instruction in the non-aggressive martial art of Akido. Students will acquire skills in controlled breathing, energy development, mind-body coordination, and self-defense. Exposure to traditional Japanese culture, discipline, and learning techniques are emphasized. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 042.

PHED 143A Beginning Karate 1.0 Fa/Spr
This course has been designed to teach the fundamentals of a traditional Japanese form of Karate (Shotokan). The primary emphasis is on the acquisition of basic techniques and physical conditioning. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 043A.

PHED 143B Intermediate Karate 1.0 Fa/Spr
A continuation of the fundamentals of Karate but with a working knowledge of basic techniques. Intermediate students will also learn at least four katas, 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 043B.

PHED 143C Advanced Karate 1.0 Fa/Spr
Instruction for the advanced student in Karate. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 043C.

PHED 144A Beginning Taekwondo 1.0 Fa/Spr
Instruction in the martial art of Taekwondo. Students will learn the history and purpose of Taekwondo as well as developing self-discipline and skills for personal safety and protection. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 044A.

PHED 144B Intermediate Taekwondo 1.0 Fa/Spr
Instruction in Taekwondo for students who have some knowledge of this martial art. Students will learn increased proficiency in mental and physical skills. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 044B.

PHED 144C Advanced Taekwondo 1.0 Fa/Spr
Instruction at the advanced level of Taekwondo. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 044C.

PHED 146A Beginning Skiing 1.0 Spring
Prerequisites: Faculty permission.
Special fee required; see The Class Schedule. Credit/no credit grading only. Formerly PHED 046A.

PHED 146B Intermediate Skiing, Snow Boarding, Telemarking 1.0 Spring
Prerequisites: Faculty permission.
A four-consecutive-day concentrated class at high altitude lodge with emphasis on orientation to skiing and technique. Offered during semester break and also spring vacation. Special fee required; see The Class Schedule. Credit/no credit grading only. Formerly PHED 046B.

PHED 147I Beginning Indoor Soccer: Men 1.0 Fa/Spr
Skills, rules, and tactics, with primary emphasis on the application of technique and tactics to game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 047I.

PHED 147J Intermediate Indoor Soccer: Men 1.0 Fa/Spr
Skills, rules, and tactics, with primary emphasis on the application of technique and tactics to game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 047J.

PHED 147V Beginning Indoor Soccer: Women 1.0 Fa/Spr
Skills, rules, and tactics, with primary emphasis on the application of technique and tactics to game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 047V.

PHED 147W Intermediate Indoor Soccer: Women 1.0 Fa/Spr
Skills, rules, and tactics, with primary emphasis on the application of technique and tactics to game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 047W.

PHED 148I Beginning Soccer: Men 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 048I.

PHED 148J Intermediate Soccer: Men 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 048J.

PHED 148V Beginning Soccer: Women 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 048V.

PHED 148W Intermediate Soccer: Women 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 048W.

PHED 149A Beginning Slow Pitch Softball 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 049A.

PHED 150V Beginning Softball: Women 1.0 Spring
Skills, rules, and strategy, with primary emphasis the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 050V.

PHED 150W Intermediate Softball: Women 1.0 Spring
Skills, rules, and strategy, with primary emphasis the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 050W.

PHED 154A Beginning Swimming 1.0 Fa/Spr
For non-swimmers and those knowing only one or two elementary strokes. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 054A.

PHED 154B Intermediate Swimming 1.0 Fa/Spr
Prerequisites: Ability to swim in deep water, satisfactory performance of front crawl, sidestroke, and elementary backstroke. Improvements of stroke mechanics and conditioning. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 054B.

PHED 154C Advanced Swimming 1.0 Fa/Spr
Prerequisites: Ability to swim in deep water, satisfactory performance of front crawl, sidestroke, and elementary backstroke. Improvements of stroke mechanics and conditioning. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 054C.

PHED 154E Swimming for Individualized Program Needs 1.0 Fa/Spr
Special content mastery objectives are planned for students with unique needs, i.e., the disabled and those with low fitness levels. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 054E.

PHED 155 Lifeguard Training 3.0 Fa/Spr
Certification, 500 yd. swim, surface dive to 8 ft. depth and recovery of 10-pound object, underwater swimming, towing 10-pound object 200 yards. Qualifications, responsibilities, skills, and training of lifeguards. Swimming rescues of actively drowning victims will be emphasized. A field trip to study special aquatic environments will be included. American Red Cross Certification in lifeguard training may be obtained. 1.0 hour lecture, 4.0 hours activity. Special fee required; see The Class Schedule. Credit/no credit grading only. Formerly PHED 126.

PHED 156A Beginning Tennis 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 056A.

PHED 156B Intermediate Tennis 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 056B.

PHED 156C Advanced Tennis 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 056C.

PHED 159 Jogging 1.0 Fa/Spr
Skills, individualized fitness program, participation. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 059.

PHED 160A Beginning Tumbling 1.0 Fa/Spr
Tumbling skills, including trampolining and competition. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 060A.

PHED 160B Intermediate Tumbling 1.0 Fa/Spr
Tumbling skills, including trampolining and competition. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 060B.
PHED 162A Beginning Volleyball 1.0 Fa/Spr
Cultural orientation, rules, skills, and strategies, with primary application through game play. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 062A.

PHED 162B Intermediate Volleyball 1.0 Fa/Spr
Rules, strategies, and skills for the intermediate player, with primary application through game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 062B.

PHED 162C Advanced Volleyball 1.0 Fa/Spr
Rules, strategies, and skills for the advanced player, with primary application through game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 062C.

PHED 162K Advanced Volleyball: Men 1.0 Fa/Spr
Rules, strategies, and skills for the advanced player, with primary application through game play. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 062K.

PHED 164A Beginning Water Polo 1.0 Fa/Spr
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 064A.

PHED 164B Intermediate Water Polo 1.0 Fa/Spr
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 064B.

PHED 164K Advanced Water Polo 1.0 Fall
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 064K.

PHED 164V Beginning Water Polo: Women 1.0 Inquire
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 064V.

PHED 164W Intermediate Water Polo: Women 1.0 Inquire
Skills, rules, offensive and defensive strategy. Field player and goalie play, competition, and international styles of water polo. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 064W.

PHED 166A Beginning Weight Training 1.0 Fa/Spr
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 066A.

PHED 166B Intermediate Weight Training 1.0 Fa/Spr
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 066B.

PHED 166V Beginning Weight Training: Women 1.0 Fa/Spr
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 066V.

PHED 167A Beginning Lifetime Fitness 1.0 Fa/Spr
A course designed to promote wellness through use of stairmaster, lifecycle, treadmill and other aerobic machines and activities. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 067A.

PHED 167B Intermediate Lifetime Fitness 1.0 Fa/Spr
A course designed to promote wellness through use of stairmaster, lifecycle, treadmill and other aerobic machines and activities. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 067B.

PHED 167C Advanced Lifetime Fitness 1.0 Fa/Spr
A course designed to promote wellness through use of stairmaster, lifecycle, treadmill and other aerobic machines and activities. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 067C.

PHED 169 Yoga 1.0 Inquire
Introduction to basic yoga postures. Study and practice of exercises for self-awareness, breathing, relaxation, visualization, and meditation. 2.0 hours activity. You may take this course more than once for a maximum of 2.0 units. Formerly PHED 069.

PHED 196 Service Learning in Movement Studies in Disability 1.0 Fa/Spr
This course provides students with a service learning experience in the area of movement studies in disability. University students are placed with a child with a disability to assist the child with selected individualized activity programs. Programs are designed in conjunction with parents to meet the individual child's physical, social, emotional, and motivational needs. 2.0 hours activity. You may take this course more than once for a maximum of 4.0 units. Formerly PHED 096.

PHED 197 Adapted Physical Activity 1.0 Fa/Spr
This course provides individualized activity programs for adults with disabilities. Individuals participate in weight training, stretching and relaxation, lap swimming, water jogging, or walking programs to meet their personal wellness goals. Programs are designed to meet individual physical and motivational needs. In addition, students who become injured and cannot complete an activity class may enter to complete their hours for credit through an individualized program. 2.0 hours activity. You may take this course more than once for a maximum of 6.0 units. Formerly PHED 097.