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
Single Subject Teaching Credential in
  Physical Education
MA in Kinesiology
  Option in Athletic Training Education

Career Outlook
Society is recognizing the health and quality of life implications associated with 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 Shrummer-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, a climbing wall, a ropes course, two gymnasiums, handball/racquetball courts, swimming pools, a track, weight training/fitness rooms, and 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.

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 the quality of life and health for all.

Kinesiology,
Physical Education, and
Exercise Physiology

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Dean: Phyllis Fernlund
Department of Kinesiology
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Chair: Gayle Hutchinson
Associate Chair: Rebecca Lytle
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
Advisors
Movement Studies: Traci Ciapponi
Exercise Physiology: Scott Roberts
Teacher Education: Cathrine Himberg
Adapted Physical Education: Rebecca Lytle
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 advisor 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 E 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 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: 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 depend upon a selected option or advising pattern and are outlined following the major core program requirements.

Major Core Program: 22 units

<table>
<thead>
<tr>
<th>Lower-Division Core: 8 units</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 courses required:</td>
</tr>
<tr>
<td>BIOL 103 Human Anatomy</td>
</tr>
<tr>
<td>BIOL 104 Human Physiology</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Upper-Division Core: 14 units</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 courses required:</td>
</tr>
<tr>
<td>KINE 320 Embodied Knowledge: Kinesiol 3.0 FS WP</td>
</tr>
<tr>
<td>KINE 321 Motor Development &amp; Behavior 3.0 FS</td>
</tr>
<tr>
<td>KINE 322 Biomechanics</td>
</tr>
<tr>
<td>Prerequisites: ENGL 130 (or its equivalent) with a grade of C– or higher</td>
</tr>
</tbody>
</table>

Prerequisites: BIOL 103 or faculty permission for non-majors, basic computer literacy skills.

KINE 323 Physiology of Exercise 4.0 FS

Prerequisites: BIOL 104.

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) advisor early in order to determine your academic plan as courses follow a preassigned sequence.

Lower-Division Courses: 3 units

Select activity breadth courses with the prior approval of a PETE advisor.

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 116C Advanced Aerobic Dance | 1.0 FS |
| PHED 117A Bicycling | 1.0 FS |
| PHED 118B Intermediate Basketball: Men | 1.0 FS |
| PHED 118V Beginning Basketball: Women | 1.0 FS |
| PHED 118W Intermediate Basketball: Women | 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 129 Flag Football | 1.0 FS |
| PHED 134A Beginning Golf | 1.0 FS |
| PHED 134B Intermediate Golf | 1.0 FS |
| PHED 136I Beginning Gymnastics: Men | 1.0 FS |
| PHED 136J Intermediate Gymnastics: Men | 1.0 FS |
| PHED 136V Beginning Gymnastics: Women | 1.0 FS |
| PHED 136W Intermediate Gymnastics: Women | 1.0 FS |
| PHED 141A Beginning Jujitsu/Self-Defense | 1.0 FS |
| PHED 141B Intermed Jujitsu/Self-Defense | 1.0 FS |
| PHED 142 Aikido | 1.0 FS |
| PHED 143A Beginning Karate | 1.0 FS |
| PHED 143B Intermediate Karate | 1.0 FS |
| PHED 143C Advanced Karate | 1.0 FS |
| PHED 144A Beginning TaekWoonDo | 1.0 FS |
| PHED 144B Intermediate TaekWoonDo | 1.0 FS |
| PHED 144C Advanced TaekWoonDo | 1.0 FS |
| PHED 147I Beginning Indoor Soccer: Men | 1.0 FS |
| PHED 147J Intermed Indoor 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 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 backstroke.

PHED 156A Beginning Tennis | 1.0 FS

PHED 156B Intermediate Tennis | 1.0 FS

PHED 162A Beginning Volleyball | 1.0 FS

PHED 162B Intermediate Volleyball | 1.0 FS

PHED 164A Beginning Water Polo | 1.0 FS

PHED 164B Intermediate Water Polo | 1.0 FS

PHED 164K Advanced Water Polo: Men | 1.0 FA

PHED 166A Beginning Weight Training | 1.0 FS

PHED 166B Intermediate Weight Training | 1.0 FS

PHED 169 Yoga | 1.0 Inq

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

**Option Core: 9–19 units**

**Prerequisites:** Admission to the Department of Education Single Subject Program and completion of Block Rock courses.

**EDTE 531** Teaching with Technology 1.0 FS

**EDTE 532** Literacy Development 3.0 SMF

**EDTE 535** Teaching Practicum I 3.0 FS

**EDTE 537** Apps for Democratic Education 2.0 FS

**Prerequisites:** Successful completion of Practicum I (EDTE 535).

**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 Tchr 3.0 FS

**KINE 305** Philosophy of School Based PE 3.0 FS

**KINE 308** Dance/Rhythms/ Educ 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.

**KINE 321** Dance, Tumbling, or Gymnastics Group

Note: PSYC 355 may be substituted for KINE 321; EDTE 533 may be substituted for KINE 484; and EDTE 534 may be substituted for KINE 315. Advisor'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.

Students interested in earning subject matter competency in physical education with intentions of entering credential programs other than the 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 advisor 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 education, students must obtain or be working toward a credential that allows future candidates 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 351** may be applied to the lower-division requirements.

**KINE 513** Prog for Phys/Neuro Disabil 3.0 SP

**Prerequisites:** KINE 315 or faculty permission.

**KINE 514** Prog Mental/Emot/Lm Disabil 3.0 FS

**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 Individs w/Disabil 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 123** Beginning Scuba Diving 2.0 FS

**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 backstroke.

**PHED 154E** Swimming: IndividualizedProg 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

**PHED 114W** Int Ballroom: Women 1.0 FS

**PHED 1131V** Int Ballroom: Men 1.0 FS

**PHED 1131W** Int Ballroom: Women 1.0 FS

**PHED 146B** Int 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** Mhd Tch Rock Climbing 3.0 FA

**Prerequisites:** Wilderness 1st Responder or faculty permission.

**KINE 226** Meth of Tch Wilderness Living 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** Bicycling 1.0 FS

**PHED 119A** Cross-Country Skiing 1.0 FS

**PHED 121** Backpacking 2.0 FS

**PHED 121A** Rock Climbing 1.0 FS

**Team Sports Group**

**PHED 118J** Intermediate Basketball: Men 1.0 FS

**PHED 118V** Beginning Basketball: Women 1.0 FS

**PHED 129** Flag Football 1.0 FA

**PHED 147I** Beginning Indoor Soccer: Men 1.0 FS

**PHED 147V** Beginning Indoor Soccer: Women 1.0 FS

**PHED 147W** Intermad Indoor Soccer: Women 1.0 FS

**PHED 148I** Beginning Soccer: Men 1.0 FS

**Personal Defense or Combatives Group**

**PHED 141A** Beginning Jujitsu/Self-Defense 1.0 FS

**PHED 141B** Intermed Jujitsu/Self-Defense 1.0 FS

**PHED 142** 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 118J** Intermediate Basketball: Men 1.0 FS

**PHED 118V** Beginning Basketball: Women 1.0 FS

**PHED 129** Flag Football 1.0 FA

**PHED 147I** Beginning Indoor Soccer: Men 1.0 FS

**PHED 147V** Beginning Indoor Soccer: Women 1.0 FS

**PHED 147W** Intermad Indoor Soccer: Women 1.0 FS

**PHED 148I** Beginning Soccer: Men 1.0 FS
Kinesiology, Physical Education, and Exercise Physiology

PHED 148J 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 Lifeline Fitness 1.0 FS
PHED 167B Intermediate Lifeline Fitness 1.0 FS
PHED 167C Advanced Lifeline Fitness 1.0 FS
PHED 169 Yoga 1.0 Inq

Upper-Division Courses: 3–6 units
2 courses required:
KINE 390 Prin of Stength & Conditioning 3.0 FS
Prerequisites: KINE 322, KINE 323, 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 Motor Learning/HumPerformance 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; WSI recommended.
KINE 513 Prog for Phys/Neuro Disabil 3.0 SP
Prerequisites: KINE 315 or faculty permission.
KINE 514 Prog Mental/Emot/Lm Disabil 3.0 FS
Prerequisites: KINE 315 or faculty permission.
2 courses selected from:
KINE 316 Prin Spt Injury Mgt 4.0 FS
Prerequisites: Basic First Aid or equivalent course, faculty permission.
KINE 381 Reccondition Athletic Injuries 3.0 SP
Prerequisites: KINE 316; a course in anatomy is recommended.
KINE 485 Seminar in Sports Medicine 3.0 FS
Prerequisites: BOL 103, BOL 104, KINE 323, PHED 100 or faculty permission.
KINE 515 Collaboration in Adapted PE 3.0 SP
Prerequisites: KINE 315 or faculty permission.
KINE 516 Motor Assess Indivs w/Disabil 3.0 FA
Prerequisites: KINE 315 or faculty permission.
RECR 464 Therapeutic Recr Techniques 3.0 FS
Prerequisites: RECR 260 or faculty permission.
RECR 466 Program Management in TR 3.0 FS
Prerequisites: RECR 260; RECR 462; RECR 464; or faculty permission.

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.

8 courses required:
KINE 224 Meth of 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.
KINE 460 Phl Found of Outdoor Educ 3.0 FS
Prerequisites: KINE 462 Theory of Experiential Educ 3.0 FS
Prerequisites: KINE 460.
KINE 464 Facilitating Adventure Exp 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 240 Outdoor Recreation Systems 3.0 FS
Prerequisites: Concurrent enrollment in or prior completion of RECR 200, or faculty permission.
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
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 advisor 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 advisor for specific information.

Honors in the Major
Honors in the Major is a program of independent work in your major. It involves six units of honors course work completed over two semesters. The Honors in the Major program allows you to work closely with a faculty mentor in your area of interest on an original performance or research project. This year-long collaboration allows you to work in your field at a professional level and culminates in a public presentation of your work. Students sometimes take their projects beyond the University for submission in professional journals, presentation at conferences, or competition. Honors in the Major will be recognized at your graduation, on your permanent transcript, and on your diploma. It is often accompanied by letters of commendation from your mentor in the department or the department chair.

Some common features of Honors in the Major program are:
1. You must take 6 units of Honors in the Major course work. At least 3 of these units are independent study (399, 499F) as specified by your department. You must complete each class with a minimum grade of B.
2. You must have completed 9 units of upper-division course work or 21 overall units in your major before you can be admitted to Honors in the Major. Check the requirements for your major carefully, as there may be specific courses that must be included in these units.
3. Your cumulative GPA should be at least 3.5 or within the top 5% of majors in your department.
4. Your GPA in your major should be at least 3.5 or within the top 5% of majors in your department.
5. Most students apply for or are invited to participate in Honors in the Major during the second semester of their junior year. Then they complete the 6 units of course work over the two semesters of their senior year.
6. Your honors work culminates with a public presentation of your honors project.

While Honors in the Major is part of the Honors Program, each department administers its own program. Please contact your major department or major advisor to apply.

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 155. 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
6 courses required:
- BIOL 103 Human Anatomy 4.0 FS *
- BIOL 104 Human Physiology 4.0 FS *
- CHEM 107 Gen Chem for Applied Sciences 4.0 FS *
- Prerequisites: Intermediate Algebra
- CHEM 108 Organic Chem for Applied Sci 4.0 FS
- Prerequisites: CHEM 107 or CHEM 111 or equivalent.
- PHED 100 Computer Application Phys Educ 3.0 FS
- PHYS 202A General Physics 4.0 FS *
- Prerequisites: High school physics or faculty permission. High school trigonometry and second-year high school algebra or equivalent (MATH 051 and MATH 118 at CSU, Chico).

Mathematics Requirement: 3 units
1 course selected from:
- MATH 105 Statistics 3.0 FS *
- Prerequisites: Completion of ELM requirement.
- MATH 135 Biometrics 3.0 FA
- Prerequisites: Completion of ELM requirement.

Upper-Division Requirements: 45–46 units
1 course selected from:
- BIOL 302 Evolution 3.0 SP
- Prerequisites: BIOL 101 or BIOL 108 or equivalent.
- BIOL 303 Human Genetics 3.0 FS *
- Prerequisites: One biological sciences course.
- BIOL 322 Science and Human Values 3.0 SP *
- Prerequisites: BIOL 101 or BIOL 108.
- This course is also offered as PHIL 322.
- 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.
- KINE 386 Sports Epidemiology 3.0 FS
- Prerequisites: Basic computer skills or faculty permission.
- KINE 390 Prin of Strength & Conditioning 3.0 FS
- Prerequisites: KINE 322, KINE 323, or faculty permission.
- KINE 480 Ex 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 313 Intro to Adapted Phys Act 3.0 FS
- KINE 316 First Aid 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 advisor 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 advisor 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 332 Principles of Individual Sports 3.0 FS

2 courses selected from:
- KINE 316 Prin Spt Injury Mgt 4.0 FS
- KINE 324 Ex Phys: Metabolism 4.0 SP
- KINE 386 Sports Epidemiology 3.0 FS
- KINE 390 Prin of Strength & Conditioning 3.0 FS
- KINE 480 Ex Testing and Prescription 3.0 FS
- KINE 524 Biomechanical Analysis 3.0 FS

Note: An approved elective in exercise science may be substituted for the above with the prior permission of the advisor.

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
- KINE 323 Physiology of Exercise 4.0 FS
- KINE 430 Adm/Mgmt of Sport/Fit Pros 3.0 FS

1 course selected from:
- KINE 331 Principles of Team Sports 3.0 FS
- KINE 390 Prin of Individual Sports 3.0 FS

1 course selected from:
- KINE 321 Motor Development & Behavior 3.0 FS
- KINE 345 Motor Learning/HumPerformance 3.0 FS

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
- KINE 323 Physiology of Exercise 4.0 FS

2 courses selected from:
- KINE 315 Intro to Adapted Phys Act 3.0 FS
- KINE 320 Embodied Knowledge: Kinesiol 3.0 FS WP
- KINE 321 Motor Development & Behavior 3.0 FS
- KINE 345 Motor Learning/HumPerformance 3.0 FS

3 courses selected from:
- KINE 302 Found Childhood Phys Educ 3.0 FS
- KINE 303 Develop Appropr PE for Children 3.0 FS
- KINE 305 Philosophy of School Based PE 3.0 FS
- KINE 314 Psychology of Coaching 3.0 FS
- KINE 315 Intro to Adapted Phys Act 3.0 FS
- KINE 316 Prin Spt Injury Mgt 4.0 FS
- KINE 320 Embodied Knowledge: Kinesiol 3.0 FS WP
- KINE 321 Motor Development & Behavior 3.0 FS
- KINE 331 Principles of Team Sports 3.0 FS
- KINE 332 Prin of Individual Sports 3.0 FS
- KINE 345 Motor Learning/HumPerformance 3.0 FS
- KINE 346 Sport and Society 3.0 Inq
- KINE 386 Sports Epidemiology 3.0 FS
- KINE 390 Prin of Strength & Conditioning 3.0 FS
- KINE 410 Develop Appropr PE-Middle Sch 3.0 FS
- KINE 430 Adm/Mgmt of Sport/Fit Pros 3.0 FS
- KINE 431 Assessment in Physical Educ 3.0 FS
- KINE 332 Principles of Individual Sports 3.0 FS
- KINE 331 Principles of Individual Sports 3.0 FS
KINE 480  Ex Testing and Prescription  3.0 FS  
Prerequisites: KINE 323.  
KINE 524  Biomechanical Analysis  3.0 FS  
Prerequisites: KINE 322 and basic computer literacy.  

Note: The following courses cannot be applied in more than one category above: KINE 315, KINE 320, KINE 321, and KINE 345.  

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: 24–34 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.  

5 courses required:  
KINE 226  Meth of Tch Wilderness Living  3.0 FA  
Prerequisites: Wilderness 1st Responder or faculty permission.  
KINE 460  Phil Found of Outdoor Educ  3.0 FS  
KINE 464  Facilitating Adventure Exp  3.0 FS  
Prerequisites: KINE 460.  
RECR 428  Recr Law & Legal Principles  3.0 FS  
Prerequisites: RECR 200; concurrent enrollment in or prior completion of RECR 220, RECR 240, RECR 250, or RECR 260; or faculty permission.  
RECR 448  Mthds/Materials for Environ Ed  3.0 FS  
Prerequisites: BIOL 342 or GEOS 130 or equivalent or faculty permission.  
This course is also offered as EDCI 448.  

1 course selected from:  
KINE 315  Intro to Adapted Phys Act  3.0 FS  
RECR 260  Intro to TR & Inclusive Recr  3.0 FS  
Prerequisites: Concurrent enrollment in or prior completion of RECR 200, or faculty permission.  

1 course selected from:  
KINE 462  Theory of Experiential Edu  3.0 FS  
Prerequisites: KINE 460.  
RECR 301  Leadership/Supervision in Recr  3.0 FS  
Prerequisites: Concurrent enrollment in or prior completion of RECR 200, or faculty permission.  

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.  

0-9 units selected from:  
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.  

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:  
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: BIOL 104.  
KINE 390  Prin of Strength & Conditioning  3.0 FS  
Prerequisites: KINE 322, KINE 323, or faculty permission.  
KINE 480  Ex Testing and Prescription  3.0 FS  
Prerequisites: KINE 323.  
KINE 524  Biomechanical Analysis  3.0 FS  
Prerequisites: KINE 322 and basic computer literacy.  
1 course selected from:  
KINE 411  Assessment in Physical Educ  3.0 FS  
Prerequisites: KINE 305, KINE 309, faculty permission.  
MATH 105  Statistics  3.0 FS *  
Prerequisites: Completion of ELM requirement.  
1 course selected from:  
KINE 318  3-D Desktop Video Applications  3.0 FS  
PHED 100  Computer Application Phys Educ  3.0 FS  
6-9 units selected from:  
Any 300-level or higher Kinesiology (KINE) courses, selected in consultation with, and having the prior approval of, the certificate coordinator. One upper-division course from another department may be substituted with the coordinator's approval.  

The Single Subject Matter Preparation Program in Physical Education  
Course requirements for Single Subject Matter Preparation Program, 107 units, in conjunction with a professional education program, leads to a Single Subject Teaching Credential.  
The Option in Physical Education Teacher Education fulfills all requirements for the Single Subject Credential in Physical Education.  
Your departmental credential advisor 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 advisor early in your University career. Department credential advisors 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 advisor 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 and/or CSU Chico Open University course work 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 Studies.  
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 1000 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.  
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 101)
   (b) human physiology (BIOL 104)
   (c) beginning athletic training (KINE 316)
   (d) advanced athletic training (KINE 317)
   (e) human nutrition (NFSC 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 CAAHEP (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 101, BIOL 104, KINE 233, PHED 100 or faculty permission.
KINE 486 Anat/Ptho Asp of Sports Inj 3.0 FS
Prerequisites: BIOL 101, BIOL 104, KINE 322.
KINE 588 Sem Sport/Phys Act Health Care 3.0 FS
Prerequisites: KINE 317, KINE 318.
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 602 Research Design in Kinesiology 3.0 FS
KINE 699T Master's Thesis 1.0–6.0 FS
Prerequisites: KINE 484 or faculty permission.
KINE 699P Master's Project 1.0–6.0 FS
Prerequisites: See the department secretary.

4 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 Sem in Environ Physiology 3.0 SP
Prerequisites: KINE 322.
KINE 681 Ex Mgmt - Chronic Disabilities 3.0 Inq
Prerequisites: KINE 322, KINE 323, KINE 480, and faculty permission.
KINE 682 Exercise Cardiology 3.0 Inq
Prerequisites: KINE 323, 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 advisor.

Graduate Literacy Requirement:
Writing proficiency is a graduation requirement. Kinesiology majors will demonstrate their writing competence through the successful completion (grade of B or better) of KINE 601 (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, 699T and courses outside the major).
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 advisor 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 advisor. This advisor must be in the student's area of specialization.

The Faculty
John L. Azevedo Jr., 1999, Assoc Professor, PhD, UC Berkeley.
Craig A. Buschner, 1989, Professor, EdD, Oklahoma State U.
Reid Cross, 2001, Assist Professor, EdD, U Colorado.
Thomas D. Fahey, 1982, Professor, EdD, UC Berkeley.
Catherine Himberg, 1998, Assoc Professor, PhD, Virginia Tech.
Jackie L. Hudson, 1994, Professor, PhD, Temple U.
Gayle E. Hutchinson, 1990, Chair, Professor, EdD, U Massachusetts.
Duane V. Knudson, 1997, Professor, PhD, U Wisconsin.
Donald E. Lyle, 1968, Professor, PhD, US International U.
Rebecca K. Lyle, 1999, Assoc Professor, PhD, Oregon State U.
Scott O. Roberts, 2001, Assoc Professor, PhD, U New Mexico.
Charles D. Scott, 1972, Professor, EdD, Columbia U.
Patricia A. Smiley, 1974, Professor, EdD, Nova SE U.
George D. Swanson, 1989, Professor, PhD, Stanford U.
Joshua M. 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 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.

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 life-saving techniques. Part II: theoretical background of aquatic instruction and practical experience. 3.0 hours clinical.

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.

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.

KINE 219 Electrocardiography: Myocardial Anatomy, Pysiology, 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 the clinical significance of basic atrial and ventricular arrhythmias, as well as understand the 12-Lead ECG system. This course is also offered as NURS 219.

KINE 220 Electrocardiography: 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 basic atrial and ventricular arrhythmias, as well as understand the 12-Lead ECG system. This course is also offered as NURS 220.

KINE 221 Electrocardiography: Introduction to 12-Lead Electrocardiography 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 blocks, chamber enlargement, electrolyte imbalances, and myocardial ischemia and infarction. 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, rappelling, bouldering) and the management of rock climbing in outdoor programs. Additional teaching methods appropriate for rock climbing are discussed, demonstrated, and evaluated. 2.0 hours lecture, 2.0 hours field studies. Special fee required; see the Class Schedule.

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 field studies. Special fee required; see the Class Schedule.

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, backcountry skiing techniques, snow shelters, leadership issues, and environmental ethics. Emphasis is on technical applications and the implementations of these skills in adventure programs. Successful completion of this class earns the student Level I avalanche certification. 2.0 hours lecture, 4.0 hours field studies. Special fee required; see the Class Schedule.

KINE 228 Methods of Teaching Canoeing and Kayaking 3.0 Spring
Prerequisites: Wilderness 1st Responder. 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 field studies. Special fee required; see the Class Schedule.

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 principal mode of study is a group of selected sport films. Special note is made concerning humor, legend, and heroism. You may take this course more than once for a maximum of 6.0 units.

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 sport context and performance. Topics include task analysis, stages of learning, practice conditions, and the use of learning aids.

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 movement, and how emotional, cognitive, and social growth characteristics influence motor development.

KINE 303 Motor Development in Children 3.0 Fa/Spr
This course is designed for individuals who intend to work with young children. 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. 2.0 hours lecture, 2.0 hours field studies.
### Kinesiology, Physical Education, and Exercise Physiology

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 305</td>
<td>Philosophy of School Based Teaching Physical Education</td>
<td>3.0 Fa/Spr</td>
<td>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.</td>
</tr>
<tr>
<td>KINE 308</td>
<td>Dance, Rhythms, and Educational Gymnastics</td>
<td>3.0 Fa/Spr</td>
<td>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.</td>
</tr>
<tr>
<td>KINE 309</td>
<td>Developmentally Appropriate Physical Education for Children</td>
<td>3.0 Fa/Spr</td>
<td>The philosophies and objectives, curriculum content (movement concepts and motor skills), and evaluative techniques for developmentally appropriate children's physical education are emphasized. 2.0 hours clinical, 2.0 hours activity.</td>
</tr>
<tr>
<td>KINE 312</td>
<td>Outdoor Education and Aquatics</td>
<td>3.0 Fa/Spr</td>
<td>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 applications 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.</td>
</tr>
<tr>
<td>KINE 314</td>
<td>Psychology of Coaching</td>
<td>3.0 Fa/Spr</td>
<td>This course provides prospective coaches with knowledge about the psychological factors and principles used in coaching, team dynamics, and the enhancement of athletic performance.</td>
</tr>
<tr>
<td>KINE 315</td>
<td>Introduction to Adapted Physical Activity</td>
<td>3.0 Fa/Spr</td>
<td>A study of common disabilities found across the lifespan. Discussions are held about the historical and philosophical basis for adapted physical activity, and the impact of state and federal legislation. Analysis 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.</td>
</tr>
<tr>
<td>KINE 316</td>
<td>Principles of Sports Injury Management</td>
<td>4.0 Fa/Spr</td>
<td>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.</td>
</tr>
<tr>
<td>KINE 317</td>
<td>Advanced Athletic Training</td>
<td>3.0 Fa/Spr</td>
<td>Prerequisites: KINE 316. Advanced bandaging techniques, evaluation of individual injuries, and special field work experience. 3.0 hours clinical.</td>
</tr>
<tr>
<td>KINE 318</td>
<td>3-D Desktop Video Applications</td>
<td>3.0 Fa/Spr</td>
<td>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.</td>
</tr>
<tr>
<td>KINE 320</td>
<td>Foundations of Embodied Knowledge in Kinesiology</td>
<td>3.0 Fa/Spr</td>
<td>Prerequisites: ENGL 130 (or its equivalent) with a grade of C– or higher. This course examines social and psychological principles, 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.</td>
</tr>
<tr>
<td>KINE 321</td>
<td>Motor Development and Behavior</td>
<td>3.0 Fa/Spr</td>
<td>Theories of motor development, acquisition, and refinement of skills as well as skill themes and movement concepts are studied. Physical, neurological, and psychosocial principles and qualitative changes in motor skills occurring from infancy to preadolescence and adolescence to older adulthood are analyzed.</td>
</tr>
<tr>
<td>KINE 322</td>
<td>Biomechanics</td>
<td>4.0 Fa/Spr</td>
<td>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.</td>
</tr>
<tr>
<td>KINE 323</td>
<td>Physiology of Exercise</td>
<td>4.0 Fa/Spr</td>
<td>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 prescription, environmental 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. Special fee required; see the Class Schedule.</td>
</tr>
<tr>
<td>KINE 324</td>
<td>Exercise Physiology: Metabolism</td>
<td>4.0 Spring</td>
<td>Prerequisites: BIOL 104, KINE 323. 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 role of enzymes at the cellular level, the mechanisms responsible for increased enzyme content in trained skeletal muscle, and how exercise affects gene transcription. 3.0 hours clinical, 2.0 hours activity.</td>
</tr>
<tr>
<td>KINE 331</td>
<td>Principles of Team Sports</td>
<td>3.0 Fa/Spr</td>
<td>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. 2.0 hours lecture, 3.0 hours laboratory. You may take this course more than once for a maximum of 9.0 units.</td>
</tr>
<tr>
<td>KINE 332</td>
<td>Principles of Individual Sports</td>
<td>3.0 Fa/Spr</td>
<td>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.</td>
</tr>
<tr>
<td>KINE 340</td>
<td>Educational Games, Gymnastics, and Dance</td>
<td>3.0 Fa/Spr</td>
<td>Prerequisites: PHED 100 or faculty permission, KINE 309. Developmentally appropriate learning experiences in educational games, gymnastics, and dance will be emphasized. Content progressions 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 field studies.</td>
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<tr>
<td>KINE 345</td>
<td>Motor Learning and Human Performance</td>
<td>3.0 Fa/Spr</td>
<td>Prerequisites: Basic computer skills or faculty permission. This course explores the principles and concepts involved in learning motor skills and the conditions that can influence that learning. Topics may include open and closed loop systems, feedback, attentional focus, inverted u-theory, practice schedules, and many others.</td>
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<tr>
<td>KINE 346</td>
<td>Sport and Society</td>
<td>3.0 Inquire</td>
<td>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. This course is also offered as SOCI 346.</td>
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<tr>
<td>KINE 347</td>
<td>Sport, Games, and Play in Non-Western Cultures</td>
<td>3.0 Fa/Spr</td>
<td>The course seeks to develop an understanding of the dimensions along which the human experience 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.</td>
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<tr>
<td>KINE 351</td>
<td>Aquatics for the Adapted Instructor</td>
<td>2.0 Spring</td>
<td>Prerequisites: First Aid and CPR or faculty permission; WSI recommended. Specific instructor training in aquatics programs for individuals with disabilities. Inclusive and developmentally appropriate aquatic activities, sports, and games are included. Qualified students may earn Special Olympic coach's certification in aquatics. 2.0 hours clinical. You may take this course more than once for a maximum of 4.0 units.</td>
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KINE 352 Introduction to Dance 3.0 Fa/Spr
Survey course of dance as an art form, including social, ballet, modern, postmodern, jazz, and musical comedy. Prerequisites: none. This course will include the artistic role of dance and the roots, theories, criticisms, 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.

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. 3.0 hours clinical.

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.

KINE 387 Introduction to Field Work in Athletic Training 3.0 Fa/Spr
Prerequisites: BIOL 103, Basic First Aid, CPR, KINE 316, faculty permission. Introduction to the practical application of basic athletic training principles. Includes becoming familiar with strapping techniques, wound care, modalities, use of policies, procedures, and NATTA Certification Requirements. 3.0 hours clinical.

KINE 388 Personal Training and Exercise Leadership 3.0 Fa/Spr
Prerequisites: KINE 323; KINE 389, KINE 480 (may be taken concurrently). This class provides the basic principles, applications, and experiences necessary to design, instruct, and supervise individuals in safe and appropriate exercise activities. The course incorporates theories of communication, program design, equipment selection, legal/liability considerations, assessment and follow up, business and marketing concepts related to the fitness industry. In addition, various theories of individual and group motivation, such as goal setting and problem solving as well as social support and reward systems, are discussed. The course provides relevant knowledge, skills, and practical applications to individuals who will someday or are currently responsible for developing and administering individual and group exercise programs, including personal trainers, physical education teachers, physical therapists, and coaches.

KINE 390 Principles of Strength and Conditioning 3.0 Fa/Spr
Prerequisites: KINE 322, KINE 323, or faculty permission. Course is designed to offer sound, systematic training programs for those men and women who wish to apply strength and conditioning techniques to specific sports and/or physical activities. Various new and traditional weight training techniques and programs will be reviewed in light of desired outcomes for the individual participant in sports and physical activities. 6.0 hours activity. Formerly KINE 389.

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.

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.

KINE 410 Developmentally Appropriate Physical Education for Middle School Students 3.0 Fa/Spr
Prerequisites: KINE 305, KINE 309. Students learn about developmentally appropriate physical education for youth in middle school (grades 6–8). Topics 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.

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.

KINE 430 Administration and Management of Sport and Fitness Programs 3.0 Fa/Spr
Prerequisites: Basic computer literacy skills. Course includes laboratory projects and written exams which cover the essential elements of administration/management of modern day physical education and athletic programs. Students will be systematically introduced to the meaning of management and the different styles of management in the conduct of specific programs such as intramurals, athletics, instructional programs, clubs, corporate fitness, etc. 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.

KINE 460 Philosophical Foundations of Outdoor Education 3.0 Fa/Spr
This course provides the historical and philosophical foundations for using the outdoors as a medium for learning. Basic teaching and leadership styles used in instruction are emphasized, including a detailed look at the ethics involved in using the outdoors and adventure programming in education.

KINE 462 Theory of Experiential Education 3.0 Fa/Spr
Prerequisites: KINE 460. A review of the philosophical, psychological, and historical foundations of experiential education. Central to the course is the examination of the writings of philosophers/educators such as Jean Jacques Rousseau, John Dewey, William James, Kurt Hahn, and Willis Unsoeld.

KINE 464 Facilitating the Adventure Experience 3.0 Fa/Spr
Prerequisites: KINE 460. This course focuses on the process of facilitation. Specific attention is paid to transfer of learning, outdoor education process/theory, use of metaphors, small group development, debriefing/processing, providing appropriate feedback, therapeutic approaches, framing experiences, and the various theories involved in the use of adventure experiences as a medium for education/therapy. Applications are generalized to specific populations (e.g., youth at risk, chemical dependency, businesses, university orientation programs, and public schools).

KINE 470 Practicum in Outdoor Education 9.0 Summer
Prerequisites: Wilderness 1st Responder, KINE 224, KINE 226, KINE 227, KINE 228, KINE 460, KINE 464, RECR 240. Thirty-five-day wilderness experience which provides future teachers, counselors, and group leaders with a foundation to planning the philosophy, goals, and safety practices of an extended wilderness expedition. The course is field-based, meaning that the classroom is remote wilderness settings. Key in this instruction is the participant's involvement in a group development experience while at the same time learning the skills, knowledge, and awareness necessary to conduct safe, ethical, and effective wilderness-based learning programs. Substitution with courses from the National Outdoor Leadership School, Outward Bound, the Wilderness Education Association, or other qualified programs, 27.0 hours clinical. Special fee required; see the Class Schedule. Credit/no credit grading only.

KINE 480 Exercise Testing and Prescription 3.0 Fa/Spr
Prerequisites: KINE 323. Introduction to the essential principles and skills of exercise testing and prescription. Students acquire knowledge of and skill in risk factor and health status identification, fitness appraisal, and exercise prescription for low to moderate risk individuals and individuals with controlled diseases. Students demonstrate the ability to incorporate suitable and innovative activities that will improve an individual's functional capacity. In addition, advanced concepts of strength, flexibility and body composition are discussed. 2.0 hours lecture, 2.0 hours activity. Special fee required; see the Class Schedule.

KINE 480H Exercise Testing and Prescription—Honors 3.0 Fa/Spr
Prerequisites: PHED 180, acceptance into the Honors Program, faculty permission. The purpose of this course is to provide the student with hands-on experience performing physical testing on a wide variety of people. This course will offer students an opportunity to learn to administer a Human Performance Lab. Hands-on use of the equipment will be taught through corresponding lectures. Honors students will participate in a research study using laboratory equipment to collect physiological data and will present their findings at the end of the study. 2.0 hours lecture, 2.0 hours activity.

KINE 482 Exercise Pathophysiology 3.0 Fa/Spr
Prerequisites: Bachelor's Degree in any discipline or KINE 322, KINE 323, KINE 480 or faculty permission. Exercise Pathophysiology, formerly known as Medical Topics in Exercise Physiology, focuses on how exercise ameliorates various chronic disorders. The course addresses obesity, metabolic, cardiovascular, muscular, skeletal, and auto-immune disorders.
Clinical Exercise Testing and Prescription
Prerequisites: KINE 219, KINE 220, KINE 221, KINE 480.
This course introduces the student to the essential principles of clinical exercise testing and prescription. This medically based course provides students with an understanding of the principles of clinical exercise testing, the ability to interpret the results of clinical exercise tests and develop exercise prescriptions, the ability to conduct a variety of clinical exercise tests, the ability to screen individuals and stratify their risk, and the ability to recognize and respond to various emergency procedures associated with testing and training high risk individuals.

Developmentally Appropriate Physical Education for High School Students
Prerequisites: KINE 305, KINE 308, KINE 309, KINE 312, KINE 410, KINE 411.
Developmentally appropriate physical education curriculum for students at the high school level with the focus on lifetime health-enhancing physical activities, aspects of curriculum and instruction to enhance the quality of the programs, and implications of research for the practice of physical education. Development and improvement of skills and knowledge in individual and dual activities such as tennis, pickleball, golf, in-line skating, and step aerobics. 2.0 hours clinical, 2.0 hours activity.

KINE 485 Seminar in Sports Medicine
Prerequisites: BIOL 103, BIOL 104, KINE 323, PHED 100 or faculty permission.
This course is designed to explore the diseases and injuries typically encountered in athletic and exercise. Topics include physiology of adaptations, prevention of athletic injuries, physiology of trauma and inflammation, musculoskeletal arthritis, and environmental distress.

KINE 485H Seminar in Sports Medicine—Honors
Prerequisites: BIOL 103, BIOL 104, KINE 323, PHED 100; acceptance into the Honors Program.
This course is offered concurrently with KINE 485. In addition to exploring the content of KINE 485, each student will complete an in-depth research project. The topic will be specific to the field of sports medicine and must have faculty advisor approval. The student will submit a formal presentation at the conclusion of the semester. The creative implementation of state-of-the-art technology will be encouraged in the application and/or presentation of the research projects.

KINE 488 Advanced Field Work in Athletic Training
Prerequisites: KINE 317, KINE 361, KINE 367, Basic First Aid and CPR cards, faculty permission.
Experience in applying advanced athletic training principles in rendering care to athletic teams and/or individual student athletes. Designed to meet requirements for NATA Certification. You may take this course more than once for a maximum of 15.0 units.

KINE 489 Internship Seminar
Prerequisites: At least junior standing and faculty permission.
Preparation and supervised practical work or leadership experience in various activities of public agencies, organizations and services which may include: hospitals, recreation programs, community and professional organizations, health clubs, corporations, clinics, schools and athletic programs. Specific internship placements are required for given emphases and certifications. See your advisor. You may take this course more than once for a maximum of 15.0 units.

KINE 492 Social Psychology of Sport, Play, and Games
This course investigates individual and group behavior within sport, play, and games. Social psychological research, principles, and issues will be presented, including performance enhancement, personality, interpersonal relations, group dynamics, socialization, communication, attitudes, emotions, and cognitions relative to sport, play, and games. This course is also offered as PSYC 492.

KINE 500 Seminar in School Physical Education
Prerequisites: Faculty permission.
This is a capstone course designed for prospective teachers of school physical education who have completed the requirements of the Physical Education Option in Teacher Education. Students will synthesize content from coursework taken within the option and learn contemporary strategies for promoting developmentally appropriate physical education programs in schools (K–12). In addition to a review of option content this course will focus on 6 other topics: physical education curricular models, pedagogical content knowledge, program development, change agent skills, promoting school-based physical education programs, long-term professional development, and membership and involvement in professional organizations.

KINE 510 Seminar in School Physical Education—Honors
Prerequisites: Acceptance into the Honors Program.
Honors students will complete all KINE 510 course requirements. In addition, they will identify a research question in one of the following areas: curriculum development, professional development, school culture, or change agency in education. Once a research question has been identified and approved by the instructor, students will write a review of research literature in an attempt to answer their questions. This review will carry forward to KINE 599H, where honors students will use their review to design and conduct a study, paper, or project.

KINE 513 Programming for Individuals with Physical and Neurological Disabilities
Prerequisites: KINE 315 or faculty permission.
A study of prescriptive programming for individuals with orthopedic, neurological, and sensory disabilities. Evaluation of the anatomical and physiological implications and their effect upon psychomotor functioning. 3.0 hours clinical.

KINE 514 Programming for Individuals with Mental, Emotional, and Learning Disabilities
Prerequisites: KINE 315 or faculty permission.
A study of prescriptive programming for individuals with disabilities, including mental, emotional, learning, and other health impairments. Instructional methods and intervention strategies will be explored in the prescriptive motor domain.

KINE 515 Collaboration in Adapted Physical Education
Prerequisites: KINE 315 or faculty permission.
The development and interrelationships personal-social aspects of human movement, groups, and physical education, recreation, and sport experiences throughout the lifespan for individuals with disabilities. Focus includes social influences and interrelationships of peer relations, professional interactions, interdisciplinary team dynamics, and family systems.

KINE 516 Motor Assessment for Individuals with Disabilities
Prerequisites: KINE 315 or faculty permission.
Assessment of physical growth, motor development and proficiency, nutrition, motor fitness, and perceptual motor characteristics of individuals with disabilities. Emphasis is placed on testing procedures, evaluation of screening devices, authentic assessment, and practical implementation. Specific assessment instruments will be those commonly used in an adapted physical education setting.

KINE 520 Interdisciplinary Autism Clinic
Prerequisites: A survey course on disability, faculty permission.
This course covers the organization, administration, planning, and evaluation of interdisciplinary programming for children with autism spectrum disorder (ASD). The course is for students who are interested in working with children with autism and their families. Students examine research from a variety of disciplines and discuss within interdisciplinary teams the needs and effective support for a child and his or her family via direct service to children with ASD at a University laboratory setting. You may take this course more than once for a maximum of 6.0 units.

KINE 524 Biomechanical Analysis
Prerequisites: KINE 322 and basic computer literacy.
Introduction to research in biomechanics. Emphasis is on quantitative videographic techniques of sport and exercise activities. Other technological and bibliographic research methods are covered. Special fee required; see the Class Schedule.

KINE 524H Biomechanical Analysis—Honors
Prerequisites: KINE 322, basic computer literacy, acceptance into the Honors Program.
Introduction to research in biomechanics. Emphasis is on quantitative videographic techniques of sport and exercise activities. Other technological and bibliographic research methods are covered. Honors students are required to complete an additional biomechanical research project for KINE 599H.

KINE 554 Theory and Practice of Play and Games
Prerequisites: Acceptance into the Honors Program.
Theoretical analysis of play and games and practical application and practice of social recreational play activities. Historical, evolutionary, and contemporary analyses of the play process within cultures.

KINE 557 Seminar in Theories of Perceptual-Motor Development
Prerequisites: Faculty permission.
Survey of selected theories in perceptual-motor development, with emphasis on generalized application, program, components, and basic theoretical premises.
KINE 586  Anatomical and Pathomechanical Aspects of Sports Injuries  3.0 Fa/Spr
Prerequisites: BIOL 103, BIOL 104, KINE 322.
The study of human anatomy and specific pathomechanics related to sports and physical activity injuries. The course will focus on the role of anatomical structure and pathomechanical mechanisms of joint and tissue specific to injuries that occur to physically active populations. Previous study of human anatomy and kinesiology are required.

KINE 588  Seminar in Sport and Physical Activity Health Care  3.0 Fa/Spr
Prerequisites: KINE 317, KINE 381.
Advanced study of sports and physical activity health care. Topics include concepts of pathological orthopedic radiography, pharmacology, surgical techniques and recovery, and current trends in human performance healthcare. Previous study of athletic injury evaluation and rehabilitation required.

KINE 591  Educational Multimedia Development for Physical Education and Exercise Science  3.0 Spring
Prerequisites: Admission to the Athletic Training Education Option or faculty permission. Students develop skills in designing, developing, and deploying educational multimedia Learning Objects specifically for Physical Education and Exercise Science content. A Learning Object represents a small unit of instruction that teaches a focused concept. It can contain opportunity for practice, simulation, collaborative interaction, and assessment around a Learning Objective or outcome. NOTE: this course utilizes online resources and requires completing assignments online.

KINE 598  Special Topics  1.0–3.0 Fa/Spr
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.

KINE 599H  Physical Education Honors Senior Research  3.0 Inquire
Prerequisites: For Honors students only, who have completed 9 upper-division units in physical education courses. Permission of Honors advisor required, faculty permission. An intensive senior year, two-semester culminating experience taken as two 3-unit classes in consecutive semesters. Project outline and research first semester. Honors paper or project is prepared during second semester. High level of academic excellence is required. The paper or project must be approved by the department's Honor Advisor, the Department Chair, and the University Honors Director. The paper or project must be publicly presented. You may take this course more than once for a maximum of 6.0 units.

KINE 600  Seminar in Physical Education  3.0 Fa/Spr
A course designed to investigate the relationship between the various facets of the discipline of physical education, including philosophy, history, psychology, sociology, exercise physiology, perceptual-motor learning, biomechanics, athletic training, and pedagogy. This is a required course in the MA program.

KINE 601  Statistical Methods in Kinesiology Research  3.0 Fa/Spr
Prerequisites: KINE 484 or faculty permission.
Study of the descriptive and inferential statistics commonly used in kinesiology research. Emphasis is on learning techniques for reading research and using statistical computer programs with kinesiology data. This is a required course in the MA program. Special fee required; see the Class Schedule.

KINE 602  Research Design in Kinesiology  3.0 Fa/Spr
The formation of research problems, evaluation of research, and research report styles in kinesiology. The interrelation of theory and research and the variety of research methods (e.g., descriptive, experimental, qualitative) are examined. This is a required course in the MA program.

KINE 605  Sociological and Cultural Perspectives in Physical Education  3.0 Spring
Prerequisites: KINE 602.
An in-depth study of the theories of the origin of physical education, evaluation and assessment of findings as they relate to today's discipline.

KINE 606  Seminar in Psychological Foundations of Physical Education  3.0 Fa/Spr
Prerequisites: KINE 602.
Evaluation of current research and practices in mental and emotional adjustments of the human organism to physical activity. Topics will be selected for concentrated study from areas of motivation, emotional states, personality variables, mental and behavioral strategies used to enhance performance, and age and gender differences in performance.

KINE 607  Seminar in Philosophy of Physical Education  3.0 Fa/Spr

KINE 611  Administration of Sport and Exercise Programs  3.0 Fall
This course provides students with an understanding of the issues involved in being an administrator of a sport and/or exercise program. Topics include theories of management, legal issues (including liability), staffing, and budgeting. Students gain experience by managing an event during the semester. ABC/no credit grading only.

KINE 612  Sport and Exercise Facility Management  3.0 Spring
This course provides theoretical and practical applications for each phase of facility management. Topics include, but are not limited to, planning a facility, managing, marketing and event operations. Students create a proposal for a University or community facility. ABC/no credit grading only.

KINE 617  Fieldwork in Adapted Physical Education  3.0 Fa/Spr
Prerequisites: KINE 513, faculty permission.
Fieldwork with children in an adapted physical education setting. Involves assessing, diagnosing, and implementing individualized educational programs to meet the needs of the disabled populations. May include either teaching or coaching experiences.

KINE 621  Research on Teaching and Learning in Physical Education  3.0 Fa/Spr
Prerequisites: KINE 410 or KINE 484 or other appropriate methods courses.
This course helps graduate students analyze, synthesize, and evaluate the research on teaching and learning in physical education. Content includes systematic observation, qualitative studies, curriculum theory/design, and the enhancement of student learning K–12.

KINE 622  Adapted Program Implementation  3.0 Fall
Prerequisites: Faculty permission.
The organization, administration, planning, and evaluation of adapted physical activity programs across the lifespan. This course is designed for students who are interested in working with individuals with disabilities in a variety of settings. Programming placements may be selected from preschool programs, public school settings, community-based programs, or programs for older adults.

KINE 624  Biomechanical Analysis  3.0 Fa/Spr
Prerequisites: KINE 322 and basic computer literacy, faculty permission.
Introduction to research in biomechanics. Emphasis is on quantitative videographic techniques of sport and exercise activities. Other technological and bibliographic research methods are covered. Special fee required; see the Class Schedule.

KINE 625  Seminar in Biomechanics of Sports Techniques  3.0 Spring
An in-depth analysis of the literature concerning the biomechanical analysis of selected sports techniques. You may take this course more than once for a maximum of 6.0 units. ABC/no credit grading only.

KINE 658  History of Physical Education and Sport in the United States  3.0 Inquire
The history of physical education and sport in the United States. Major emphasis is placed upon the relationships of physical education and sport as they interact with other social phenomena.

KINE 661  Current Trends and Problems in Physical Education  3.0 Fa/Spr
Trends in physical education, instructional practices, and administration of physical education. Review of current literature in physical education. 2.0 hours seminar, 2.0 hours activity.

KINE 662  Physical Education and Sport around the World  3.0 Fa/Spr
Prerequisites: Faculty permission.
The course is devoted to the study of physical education (sport, dance, play, and exercise) programs in a variety of countries. Countries representative of the following geographic zones or political persuasion will be selected: (1) The British Isles; (2) Continental Europe; (3) The African Continent; (4) the American Continents; and (5) the Pacific and Far East and the Middle East.

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 medicine 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. Optimal exercise strategies will be discussed with respect to a healthy aging process.
Seminar in Biological Foundations of Bioenergetics 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 the nature of activity.

Seminar in Environmental Physiology 3.0 Spr
Prerequisites: KINE 323. Physiological function 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.

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 class 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.

Exercise Cardiology 3.0 Inquire
Prerequisites: KINE 323, KINE 480, 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, or 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 class will consider the most recent research and publications available for exercise physiologists in working with individuals who experience cardiac disease.

Bioenergetics 3.0 Inquire

Practicum in Athletic Training Education 3.0 Fa/Spr
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 athletic trainer. In addition, educational learning styles are identified and explored.

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 athletic trainer. In addition, educational learning styles are identified and explored.

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.

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.

Master's Thesis 1.0–6.0 Fa/Spr
Prerequisites: See the department secretaries. 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.

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 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.

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

PHED 102 Physical Fitness: A Way of Life 3.0 Fa/Spr
Students participate 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.

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

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 113I Beginning Ballroom 1.0 Fa/Spr
The ballroom-dance sequence covers the range of contemporary social or ballroom dancing in Western culture. Beginning ballroom introduces the basic techniques of Waltz, Foxtrot, Swing, Samba, Rhumba, and Tango. For men only. 2.0 hours field studies. You may take this course more than once for a maximum of 2.0 units.

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

PHED 114V Intermediate Ballroom 1.0 Fa/Spr
Prerequisites: PHED 113I. 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 field studies. You may take this course more than once for a maximum of 4.0 units.
PHED 114W Intermediate Ballroom 1.0 Fa/Spr
Prerequisites: PHED 113W. 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 women only. 2.0 hours field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 115 African and Afro-Haitian Dance 1.0 Fa/Spr
Through dance, song, reading, and discussion, students will experience the rich cultural traditions of West Africa and the island of Haiti, where African traditions have evolved and flourished in a “New World” setting for 600 years. Both dance forms challenge the strength and athleticism of the body. The African dances are high energy and polyrhythmic, with fast footwork, expressive and sweeping movements and free use of the back, head, shoulders, and pelvis. Haitian dance mixes African roots with indigenous, Spanish, and French colonial influences to create a unique form emphasizing spinal waves and torso, hip, and shoulder movements over rhythmic foot patterns. 2.0 hours field studies. This course is also offered as AFRI 115.

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

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

PHED 116C Advanced Aerobic Dance 1.0 Fa/Spr
Aerobic fitness through dance. 2.0 hours field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 118I 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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

PHED 118W Intermediate 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 field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 119A Cross-Country Skiing 1.0 Fa/Spr
Cross-country skiing is a class designed for the person interested in exploring the back country of the High Sierra during the winter and spring months. The class is for the beginning cross-country skier. 2.0 hours field studies. You may take this course more than once for a maximum of 4.0 units. Credit/no credit grading only.

PHED 120A Beginning Bowling 1.0 Fa/Spr
Skills, rules, tournament play. 2.0 hours field studies. You may take this course more than once for a maximum of 2.0 units.

PHED 120B Intermediate Bowling 1.0 Fa/Spr
Skills, rules, tournament play. 2.0 hours field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 120C Advanced Bowling 1.0 Fa/Spr
Skills, rules, tournament play. 2.0 hours field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 6.0 units. Special fee required; see the Class Schedule.

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 field studies. You may take this course more than once for a maximum of 2.0 units. Special fee required; see the Class Schedule.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 as 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 field studies. Special fee required; see the Class Schedule.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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

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

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

PHED 136J Intermediate Gymnastics: 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 field studies. You may take this course more than once for a maximum of 4.0 units.

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

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

PHED 140 Ultimate Disk 1.0 Fa/Spr
This activities class teaches students the fundamentals of the game/sport. It is a self-governed sport that has a unique set of rules in which players are required to be honest and play at the highest level but never at the expense of the game itself or the respect of the opponent. 2.0 hours activity. You may take this course more than once for a maximum of 3.0 units.

PHED 141A Beginning Jujitsu and Self-Defense 1.0 Fa/Spr
See description below. 2.0 hours field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.
PHED 142 Aikido 1.0 Fa/Spr
Introductory instruction in the non-aggressive martial art of Aikido. 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 field studies. You may take this course more than once for a maximum of 6.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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

PHED 146A Beginning Skiing, Snow Boarding, Telemarking 1.0 Spring
Prerequisites: Faculty permission.
2.0 hours field studies. You may take this course more than once for a maximum of 2.0 units. Special fee required; see the Class Schedule. Credit/no credit grading only.

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. 2.0 hours field studies. 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.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 148K 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 field studies. You may take this course more than once for a maximum of 2.0 units.

PHED 148L 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 field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 148M Advanced Soccer 1.0 Fa/Spr
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2.0 hours field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 148N Advanced Swimming 1.0 Fa/Spr
Improvements of stroke mechanics and conditioning. 2.0 hours field studies. You may take this course more than once for a maximum of 4.0 units.

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

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

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

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

PHED 155 Lifeguard Training 3.0 Fa/Spr
Prerequisites: Advanced Lifesaving, faculty permission.
Certification, 500yd. swim, surface dive to 8 ft. depth and recover 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 hours lecture, 4.0 hours field study.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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

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

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

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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

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

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

PHED 168 Core Strengthening 1.0 Fa/Spr
This course focuses on muscle strengthening and conditioning through a wide variety of techniques and modalities. Focus includes overall major muscle groups, core strengthening, trunk stabilization involving “traditional” strength training techniques in addition to work with stability balls, balance equipment, and strength training equipment including free weights, machines, body weight, weighted balls and mat work. 2.0 hours activity. You may take this course more than once for a maximum of 3.0 units.

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 field studies. You may take this course more than once for a maximum of 2.0 units.

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 field studies. You may take this course more than once for a maximum of 4.0 units.

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.