

**BACHELOR OF ARTS (BA) IN KINESIOLOGY  
 OPTION: MOVEMENT STUDIES (45-57 UNITS)  
 PATTERN: COACHING AND ADMINISTRATION  
 DEPARTMENT OF KINESIOLOGY  
 ADVISING SHEET**

Course #	Course Title	Semester	Substitute Course #	Transfer Institution	Units	Grade
<b>MAJOR CORE PROGRAM</b>						
<b>3 courses required:</b>						
BIOL 104	Human Physiology				4	
KINE 320W (Prereq:GE A2; KINE majors and minors only)	Found. of Exercise and Sport Psychology				3	
<b>1 course required:</b>						
KINE 105	Introduction to Kinesiology				1	
BIOL 103	Human Anatomy				4	
KINE 202	Structural and Anatomical Kinesiology				4	
<b>LOWER-DIVISION ACTIVITY BREADTH COURSES: 10-15 units</b>						
<b>Complete five courses from five of the seven groups below</b>						
<b>AQUATICS GROUP</b>						
KINE 125 (Prereq: Ability to swim in deep water)	Beginning Scuba Diving				2	
KINE 154A	Beginning Swimming				1	
KINE 155 (Prereq: Must pass a swimming skills test during the first two meetings)	Lifeguard Training				3	
KINE 351 (Prereq: First Aid and CPR, or faculty permission'WSI recommended)	Aquatics for the Adapted Instructor				2	
<b>DANCE, TUMBLING, OR GYMNASTICS GROUPS</b>						
KINE 113L/F	Beginning Ballroom				1	
KINE 114L/F (Prereq: KINE 113L/F)	Intermediate Ballroom				1	
KINE 152	Introduction to Dance				3	
KINE 170	Aftican and Afro-Caribbean Dance				2	
<b>INDIVIDUAL OR DUAL GROUP</b>						
KINE 134A	Beginning Golf				1	
KINE 134B	Intermediate Golf				1	
KINE 139	Disc Golf				1	
KINE 140	Ultimate Disk				1	
KINE 156A	Beginning Tennis				1	
KINE 156B	Intermediate Tennis				1	
<b>OUTDOOR EDUCATION/RECREATION GROUP</b>						
KINE 121	Backpacking				2	
KINE 123	Indoor Rock Climbing				1	
KINE 222	Challenge Quest				3	
<b>PERSONAL DEFENSE OR COMBATIVE GROUP</b>						
KINE 141A	Beginning Jujitsu and Self Defense				1	
KINE 141B	Intermediate Jujitsu and Self Defense				1	
KINE 142	Aikido				1	
KINE 144A	Beginning Taekwondo				1	
KINE 151	Tai-Chi-Chuan				1	
KINE 153	Mixed Martial Arts				1	

\*KINE 202 fullfills degree requirements but may not be an accepted prerequisite for allied-health graduation programs (i.e., physical therapy). See an advisor to determine appropriateness.

TEAM SPORTS GROUP						
KINE 118A	Beginning Basketball				1	
KINE 118B	Intermediate Basketball				1	
KINE 129	Flag Football				1	
KINE 148A	Beginning Soccer				1	
KINE 148B	Intermediate Soccer				1	
KINE 149A	Beginning Slow Pitch Softball				1	
KINE 162A	Beginning Volleyball				1	
KINE 162B	Intermediate Volleyball				1	
WEIGHT TRAINING OR FITNESS GROUP						
KINE 116A	Cardio Conditioning Mix				1	
KINE 166A/V	Beginning Weight Training				1	
KINE 166B	Intermediate Weight Training				1	
KINE 168	Core Strengthening				1	
KINE 169	Yoga				1	
KINE 169B	Intermediate Yoga				1	
KINE 171	Mat Pilates				1	
UPPER-DIVISION COURSES: 17 UNITS						
5 courses required:						
KINE 321	Motor Development and Behavior				3	
KINE 322 (Prereq: BIOL 103 or KINE 202 w/ C- or higher, faculty permission)	Biomechanics				4	
KINE 323 (Prereq: BIOL 104 w/ C- or higher)	Physiology of Exercise				4	
KINE 390 (Prereq: KINE 323)	Prin. of Strength and Conditioning				3	
KINE 489 (Prereq: Must be at least junior standing or faculty permission)	Internship Seminar				3	
COACHING AND ADMINISTRATION PATTERN: 24-25 UNITS						
4 courses required:						
KINE 314	Psychology of Coaching				3	
KINE 345 (Prereqs: Basic computer skills or faculty permission)	Motor Learning and Human Performance				3	
KINE 346 (Also Offered as SOCI 346)	Sport and Society				3	
KINE 430 (Prereq: Basic computer skills)	Admin & Mgmt of Sport and Fitness Prog				3	
2 courses required:						
KINE 331 *Spring Only	Principles of Team Sports				3	
KINE 332 *Fall Only (Prereqs: Basic computer literacy skills)	Principles of Individual Sports				3	
Note: Either KINE 331 or KINE 332 may be taken twice to meet this requirement						
2 courses selected from:						
KINE 247	World Sports and Games				3	
KINE 316 (Prereqs: BIOL 103 or KINE 202)	Principles of Sports Injury Mgmt				4	
KINE 335S	Youth Fitness				3	
KINE 388 (Prereqs: KINE 323)	Personal Training				3	
KINE 505 (Prereqs: KINE 320W or faculty permission)	Exercise Behavior and Adherence (W)				3	
KINE 524W (Prereqs: KINE 322 and basic computer skills)	Biomechanical Analysis				3	
KINE 530 (Prereqs: KINE 322 *may be taken concurrently , KINE 323, KINE 390)	Advanced Strength and Conditioning				3	