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

| COWER-DIVISION ACTIVITY BREADTH COURSES: 10-15 units Complete five courses from five of the seven groups below AQUATICS GROUP KINE 125A Beginning Scuba Diving 2 (Perece; Ability to swim in deep water) Beginning Swimming 1 1 KINE 155 (Perece; Pass a swimming skills test during first two leadings) KINE 155 (Perece; Pirst Aird and CPR, or faculty permission; was received by the complete of the Adapted Instructor was received by the complete of the complete of the Adapted Instructor was received by the complete of the complete | Course # | Course Title | Semester | Substitute Course # | Transfer Institution | Units | Grade | | | |
|--|---------------------------------------|-------------------------------------|----------|------------------------|-------------------------|-------|-------|--|--|--|
| BIOL 104 Human Physiology | MAJOR CORE PROGRAM: 12 Units | | | | | | | | | |
| KINE 195 Introduction to Kinesiology | 3 courses required: | | | | | | | | | |
| KINE 320W Foundations of Exercise and Sport Psychology | BIOL 104 | Human Physiology | | | | 4 | | | | |
| Percence | KINE 105 | Introduction to Kinesiology | | | | 1 | | | | |
| Percent Perc | KINE 320W | Foundations of Exercise and Sport | | | | 2 | | | | |
| Human Anatomy | | Psychology | | | | 3 | | | | |
| Structural and Anatomical A A | 1 course selected from: | | | | | | | | | |
| KINE 202* Kinesiology 4 | BIOL 103 | · | | | | 4 | | | | |
| COMPREDIVISION ACTIVITY BREADTH COURSES: 10-15 units Complete five courses from five of the seven groups below | KINE 202* | | | | | 4 | | | | |
| Complete five courses from five of the seven groups below AQUATICS GROUP (NIKE 125A Perete, Ability to swim in deep water) (RINE 154A Beginning Scuba Diving 2 2 2 2 2 2 2 2 2 | | <u> </u> | | | | · | | | | |
| AQUATICS GROUP Seginning Scuba Diving | | | | | | | | | | |
| RINE 125A Beginning Scuba Diving | | | | | | | | | | |
| Pererq: Ability to swim in deep water) Beginning Scuba Diving 2 1 1 1 1 1 1 1 1 1 | - | | | | | | | | | |
| KINE 155 (Prerec; Pass a swimming skills test during first two leadings) KINE 351 (Prerec; First Aid and CPR, or faculty permission; WSI recommended) DANCE, TUMBLING, OR GYMNASTICS GROUPS KINE 113L/F Beginning Ballroom 1 1 KINE 113L/F (Prerec; Intermediate Ballroom 1 1 KINE 13AL/F (Prerec; Intermediate Golf 1 1 KINE 134A Beginning Golf 1 1 KINE 134A Beginning Tennis 1 1 KINE 136A Beginning Tennis 1 1 KINE 156A Beginning Tennis 1 1 KINE 156B Intermediate Tennis 1 1 OUTDOOR EDUCATION/RECREATION GROUP KINE 117A Cycling 1 1 KINE 121 Backpacking 1 2 KINE 123 Indoor Rock Climbing 1 1 FERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 1 KINE 141B Intermediate Jujitsu and Self Defense 1 1 KINE 142 Alkido 1 1 KINE 1551 Tai-Chi-Chuan 1 1 | | Beginning Scuba Diving | | | | 2 | | | | |
| Prereq: Pass a swimming skills test during first two meetings KINE 351 Prereq: First Aid and CPR, or faculty permission; WSI recommended Prereq: First Aid and CPR, or faculty permission; WSI recommended Prereq: First Aid and CPR, or faculty permission; WSI recommended Pance, TUMBLING, OR GYMNASTICS GROUPS KINE 1131./F Beginning Ballroom 1 | KINE 154A | Beginning Swimming | | | | 1 | | | | |
| Meetings Aquatics for the Adapted Instructor Strict Aid and CPR, or faculty permission; WSI recommended) Aquatics for the Adapted Instructor Aquatics for the Adapted Instruc | KINE 155 | | | | | | | | | |
| Prereq: First Aid and CPR, or faculty permission; WSI recommended) | | Lifeguard Training | | | | 3 | | | | |
| DANCE, TUMBLING, OR GYMNASTICS GROUPS KINE 113L/F | | Aquatics for the Adapted Instructor | | | | 2 | | | | |
| RINE 113L/F Beginning Ballroom | , | PS | | | | | | | | |
| KINE 114L/F (NE 113L/F) (Prereq: KINE 113L/F) Intermediate Ballroom 1 KINE 152 Introduction to Dance 3 KINE 170 Aftican and Afro-Caribbean Dance 2 NDIVIDUAL OR DUAL GROUP KINE 134A Beginning Golf 1 KINE 134B Intermediate Golf 1 KINE 156A Beginning Tennis 1 KINE 156B Intermediate Tennis 1 OUTDOOR EDUCATION/RECREATION GROUP KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 2 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | | | | | | 1 | | | | |
| KINE 152 Introduction to Dance 3 KINE 170 Aftican and Afro-Caribbean Dance 2 INDIVIDUAL OR DUAL GROUP KINE 134A Beginning Golf 1 KINE 134B Intermediate Golf 1 KINE 156A Beginning Tennis 1 KINE 156B Intermediate Tennis 1 OUTDOOR EDUCATION/RECREATION GROUP KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | KINE 114L/F (Prereq: | | | | | 1 | | | | |
| KINE 170 Aftican and Afro-Caribbean Dance 2 INDIVIDUAL OR DUAL GROUP KINE 134A Beginning Golf 1 KINE 134B Intermediate Golf 1 KINE 156A Beginning Tennis 1 KINE 156B Intermediate Tennis 1 OUTDOOR EDUCATION/RECREATION GROUP KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | * | Introduction to Dance | | | | 3 | | | | |
| INDIVIDUAL OR DUAL GROUP | | | | | | | | | | |
| KINE 134A Beginning Golf 1 KINE 134B Intermediate Golf 1 KINE 156A Beginning Tennis 1 KINE 156B Intermediate Tennis 1 OUTDOOR EDUCATION/RECREATION GROUP KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 2 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | | | | | | | | | | |
| KINE 134B Intermediate Golf 1 KINE 156A Beginning Tennis 1 KINE 156B Intermediate Tennis 1 OUTDOOR EDUCATION/RECREATION GROUP KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | | Beginning Golf | | | | 1 | | | | |
| KINE 156A Beginning Tennis 1 KINE 156B Intermediate Tennis 1 OUTDOOR EDUCATION/RECREATION GROUP KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | | | | | | | | | | |
| KINE 156B Intermediate Tennis 1 OUTDOOR EDUCATION/RECREATION GROUP KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | KINE 156A | | | | | 1 | | | | |
| KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | | | | | | 1 | | | | |
| KINE 117A Cycling 1 KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | | | | | | | | | | |
| KINE 121 Backpacking 2 KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | · · · · · · · · · · · · · · · · · · · | • | | | | 1 | | | | |
| KINE 123 Indoor Rock Climbing 1 PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | | - | | | | | | | | |
| PERSONAL DEFENSE OR COMBATIVE GROUP KINE 141A Jujitsu and Self Defense 1 KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | | | | | | | | | | |
| KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | · · · · · · · · · · · · · · · · · · · | | | | | | | | | |
| KINE 141B Intermediate Jujitsu and Self Defense 1 KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | KINE 141A | Jujitsu and Self Defense | | | | 1 | | | | |
| KINE 142 Aikido 1 KINE 151 Tai-Chi-Chuan 1 | KINE 141B | | | | | 1 | | | | |
| KINE 151 Tai-Chi-Chuan 1 | KINE 142 | - | | | | 1 | | | | |
| | KINE 151 | | | | | | | | | |
| | KINE 153 | | | | | | | | | |

^{*}KINE 202 fullfills degree requirments but may not be an accepted prerequisite for allied-health graduation programs (e.g., occupational therapy). See an advisor to determine appropriateness.

| TEAM SPORTS GROUP | | | |
|--|--|-----|--|
| KINE 118A | Reginning Reskethell | 1 | |
| | Beginning Basketball | | |
| KINE 118B KINE 129 | Intermediate Basketball Flag Football | 1 | |
| | | 1 | |
| KINE 148A | Beginning Soccer | 1 | |
| KINE 148B | Intermediate Soccer | 1 | |
| KINE 162A | Beginning Volleyball | 1 | |
| KINE 162B | Intermediate Volleyball | 1 | |
| WEIGHT TRAINING OR FITNESS GROUP | | | |
| KINE 116A | Cardio Conditioining 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 | Biomechanics | 4 | |
| (Prereq: BIOL 103 or KINE 202 w/ C- or higher) | Biomechanics | 4 | |
| KINE 323 | Exercise Physiology | 4 | |
| (Prereq: BIOL 104 w/ C- or higher) | Exercise 1 Hysiology | 7 | |
| KINE 390 | Prin. of Strength and Conditioning | 3 | |
| (Prereq: KINE 323) | | - | |
| KINE 489 | | | |
| (Prereq: Must be at least junior standing or faculty permission) | Internship Seminar | 3 | |
| COACHING AND ADMINISTRATION PATTER | N. 24 LINITS | | |
| 6 courses required: | 4. 24 GM113 | | |
| KINE 314 Spring Only | Psychology of Coaching | 3 | |
| KINE 331 Spring Only | Principles of Team Sports | 3 | |
| KINE 331 Spring Only KINE 332 Fall Only | Principles of Individual Sports | 3 | |
| · | Motor Learning and Human | 3 | |
| KINE 345 (Preregs: Basic computer skills or faculty permission) | Performance | 3 | |
| KINE 346 | Sport and Society | 3 | |
| MINE 340 | Administration and Management of | 3 | |
| KINE 430 Fall Only | Sport and Fitness Programs | 3 | |
| 2 courses selected from: | Sport and Fitness Programs | | |
| KINE 247 | World Sports and Games | 1 2 | |
| KINE 247 KINE 316 | world sports and daffies | 3 | |
| Preregs: BIOL 103 or KINE 202 | Principles of Sports Injury Mgmt | 3 | |
| KINE 335 | Youth Fitness | 3 | |
| KINE 388 | | | |
| Preregs: KINE 323 | Personal Training | 3 | |
| KINE 505 | | | |
| | Exercise Behavior and Adherence | 3 | |
| Preregs: KINE 320W or faculty permission | | | |
| Preregs: KINE 320W or faculty permission KINE 524 | Diamashanias A. J. J. | | |
| | Biomechanical Analysis | 3 | |
| KINE 524 | Biomechanical Analysis | 3 | |
| KINE 524 Prereqs: KINE 322 and basic computer literacy | Biomechanical Analysis Advanced Strength and Conditioning | 3 | |

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