Kinesiology - Physical Education Option, B.S.

DEPARTMENT

Department of Kinesiology
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BS in Kinesiology - Exercise Science Option, B.S.
BS in Kinesiology - Physical Education Option, B.S.
MA in Kinesiology - Exercise Science Option, M.A.
MA in Kinesiology - Sport Psychology Option, M.A.
MA in Kinesiology, M.A.
MN in Sports Coaching, Minor
MA in Kinesiology - Sport Administration Option, M.A.
BS in Kinesiology - Sport Administration, B.S.
CRED in Single Subject Credential - Physical Education

Courses Offered

The term kinesiology means "the study of movement," and the academic discipline of kinesiology comprises the subdisciplines of exercise physiology, biomechanics, sport and exercise psychology, athletic training and sports medicine, sports administration, physical education, and fitness and health promotion. The overall objective of the programs in kinesiology is to improve the lives of students by providing insight, education, and practical experience in exercise, sport, and physical activity. Programs in kinesiology open doors to relevant and rewarding professional careers.

The Department of Kinesiology is composed of a cohesive, creative, and dynamic group of well-educated faculty with a wealth of practical and professional experience. Students are engaged in educational and clinical research programs and practical experiences which incorporate leading-edge technology and best practices. The curriculum and associated instruction provide a solid foundation for future learning and professional growth. The program incorporates many opportunities for professional certification through prestigious national organizations and governing bodies. Students become experts in exercise, fitness, performance, and wellness.

The Athletic Training Major is designed for students with professional goals in athletic training. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students completing the program may be eligible to sit for the Board of Certification exam to become a Certified Athletic Trainer (ATC). The program has high academic and performance standards that include completion of a three-year competency-based clinical education program. California residents are given preference over out-of-state and international students in this and other impacted programs.

The Exercise Science Option provides a foundation in the movement sciences which fully prepares students for graduate study and professional careers in fitness, wellness, health promotion, human performance, and preventive and rehabilitative sciences. Flexible and personalized educational and career development strategies are hallmarks of this program. Exercise science faculty provide instruction and advising that is based upon theories and principles as well as practical and professional experience.

The Physical Education Teacher Education (PETE) Option offers National and State standards-based curricular emphasis in physical education pedagogy, movement development and analysis, teaching strategies, and application of physical activities designed for students with professional goals to teach physical education. The PETE program allows teacher candidates to complete specified unit requirements in General Education and the Physical Education Teacher Education Option. Upon completion of the PETE program, teacher candidates will have access to teaching careers in the K-12 school setting. The PETE program is an accredited program that adheres to the standards outlined by the California Commission on Teacher Credentialing (CCTC) and National Association for Sport and Physical Education (NASPE).

The undergraduate Sport Administration Option prepares students for entry-level careers in the sport industry and graduate studies in Sport Administration. Students learn a combination of skills related to sport and undergo a strategic career analysis, evaluate their marketability within the sport industry, learn how to differentiate themselves from the competition, network with leading sport personnel and organizations, and develop a career plan and resume -- all while gaining essential hands-on sport industry experience.
Obtaining a Master of Arts is a very effective strategy for career advancement. At the master's level, the Department of Kinesiology offers options in Exercise Science, Sports Administration, and Sport Psychology, and curricular emphases in physical education. There are 13 graduate faculty members in the department. The exercise science and sport psychology labs are fully equipped with research-standard technology. Graduates of this program have achieved remarkable success in professional careers as well as in doctoral programs in prestigious universities.

A degree in kinesiology can lead to very bright career prospects in health care, sports and athletics, education, and other professional avocations.

**Activity Classes**

The activity program is dynamic, diverse, rewarding, and fun. The focus is on quality experiences in fitness, skill, and personal development. Activity courses are offered in aquatics, dance, individual activities, and team sports. These courses are open to all students, and as many as 8 units of activity classes can be counted toward graduation (12 units for kinesiology majors).

**Facilities**

The facilities include a gymnasium; 12 tennis courts; a mat/gymnastics facility; a weight/cardio room; two multipurpose/dance rooms; an all-weather track; multi-purpose fields for softball, soccer, football, ultimate Frisbee, and golf; a putting green and associated sand bunkers; a swimming complex; and outdoor basketball courts. Modern, well-equipped instructional and research labs in exercise physiology, biomechanics, sports and exercise psychology, and athletic training are central components of the department.

**REQUIREMENTS**

**Bachelor of Science Degree Requirements**

**Kinesiology Major, Physical Education Teacher Education Option**

1. **Major requirements (47-85 units)**
   (Combined core and option requirements.)

   Core Program (15 units)
   (required of all options)
   KINES 1, 32*, 33, 116, 118

   **Physical Education Teacher Education Option (32-35 units)**
   KINES 31, 35 (or BIOL 33), 110, 120, 122, 123, 126, 131, 144I, 159
   Select one from: KAC 40, 41, 43, 44, 47, 49, 50
   Select one from: KAC 10, 12, 13; DANCE 115, 117A, 155A, 158A; CLAS 107

2. **General Education requirements (49 units)**

3. **Other requirements (6 units)**
   Upper-division writing and Multicultural and International (MI)

4. **Sufficient elective units to meet required total units** (varies)

5. **Total units (120)*
   
   * G.E. and MI courses can be double-counted with major requirements. The writing requirement may be met by taking the upper-division writing exam. See advisor for details.

**Advising Notes for PETE**

1. Students enrolled in the PETE must confer with their Physical Education Teacher Education option advisor during every semester they are enrolled in the program.

2. Students in the PETE must maintain a grade point average of 3.0 (GPA) in all blended physical education option courses (32 units + core of 17 units). If the student falls below 3.0 GPA in the PETE for two consecutive semesters, he/she will
be automatically disqualified. A student that achieves a GPA of 3.0 or higher fulfills Subject Matter Competency (SMC) and therefore is exempt from taking the California Subject Examinations for Teachers (CSET). Verification of SMC and recommendation for admission into the professional preparation program are the responsibility of the department credential advisor.

3. Transfer students must see the department's program advisor regarding an accelerated three-year program.

4. Students must apply and be admitted to the Kremen School of Education and Human Development (Credential Program) during Year 3 - Semester 5 of the PETE.

5. Students must also maintain a GPA of 3.0 or higher throughout their credential coursework (Kremen School of Education requirement).

6. Students may be able to double count KINES 32 with Core and General Education Area E.

7. PETE majors are required to take KAC 103 as the activity component with KINES 32.

8. Students are required to maintain current certification for Adult/Child CPR and First Aid.

**FACULTY**

The Department of Kinesiology is composed of a cohesive, creative, and dynamic group of well-educated faculty with a wealth of practical and professional experience. Students are engaged in educational and clinical research programs and practical experiences which incorporate leading-edge technology and best practices. The curriculum and associated instruction provide a solid foundation for future learning and professional growth. The program incorporates many opportunities for professional certification through prestigious national organizations and governing bodies. Students become experts in exercise, fitness, performance, and wellness.

For faculty phone numbers and e-mail, see the campus directory.

For more on the faculty, see the faculty pages.

The faculty pages are updated by the department or program.