

The Department of Kinesiology



**2009-2010
ADVISING HANDBOOK**

Department of Kinesiology

Under Graduate

Advising Handbook

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CALIFORNIA STATE UNIVERSITY, STANISLAUS
DEPARTMENT OF KINESIOLOGY
Undergraduate Program Advising Handbook

WELCOME TO THE DEPARTMENT OF
KINESIOLOGY

The faculty and staff of the department are here to assist you in meeting your educational goals. Therefore, academic advising is **MANDATORY** in the Department of Kinesiology. The degrees offered in the department are in Physical Education. This information handbook should help you successfully navigate the Physical Education Degree Program of your choice. The academic advising process is consistent with the Policy on Academic Advising for the University (see Appendix A).

Mission Statement:

The mission of the Department of Kinesiology is to professionally prepare individuals in the core aspects of pedagogy and/or health and wellness allowing them to enter into educational or allied health science leadership roles. The department prepares students to pursue careers in teaching, coaching, sport management/administration, health promotion (e.g., corporate, industry, and fitness), pre-professional areas (e.g., physical therapy, athletic training, chiropractic) and provides graduate study opportunity. In addition, the department positively contributes to the overall education of all students at CSU, Stanislaus through its activity courses and upper and lower division general education course offerings.

Department Goals:

1. Enhance applied and practical learning experiences for students (e.g., K-12 partnerships, community partnerships, classroom experiences).
2. Define, develop, and foster a graduate culture.
3. Enhance marketing of our department and programs.
4. Foster student engagement and professional development.
5. Foster professional engagement of faculty.
6. Initiate and sustain fundraising efforts.

Student Learning Objectives:

- Demonstrate knowledge and skill in a broad variety of movement and fitness activities.
- Understand the biological/physical and behavioral bases of movement and the changes that occur across the life span, within diverse populations, and under variety of environmental condition.
- Understand the socio cultural and humanistic bases of movement with in diverse culture, historical periods, and social settings.
- Understand how motor skills are acquired, how fitness is achieved, and how to maintain this across the life span under a variety of environmental and personal unique conditions.
- Understand the relationship between movement, condition/training, well being and skill across the life span and within diverse populations.
- Know how to apply kinesiological knowledge to enhance motor skills and fitness in variety of populations and conditions.
- Apply critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills to movement-related questions.
- Demonstrate the knowledge of the conditions for safety in movement-related contexts across the life span and within diverse populations, and respond appropriately to common injuries occurring during physical activity.

- Be able to use a computer and other technology to support inquiry and professional practice in a movement-related field.
- Be able to use and apply kinesiological data collection techniques and measurement theory to assess, analyze, and evaluate human performance.
- Understand the scientific methods and other systematic ways of knowing relative to research and scholarship in human movement.
- Demonstrate the ability to integrate multidisciplinary knowledge bases of kinesiology in an applied, problem-solving context.
- Be familiar with standards, ethics, and expectations, of professional communities related to human movement.
- Be prepared to engage in professionally related community activities.
- Demonstrated additional in-depth knowledge and skills associated with study in any one of the concentrations, specializations, and emphases that are associated with the Physical Education degree.

SELECTING YOUR KINESIOLOGY DEPARTMENT PHYSICAL EDUCATION MAJOR

Single Subject Matter Program in Physical Education

The Department of Kinesiology offers several professional opportunities for completing a Bachelor's of Art in Physical Education here at CSU, Stanislaus. The major focus of these programs in the department is the Single Subject Matter Program in Physical Education. This program prepares students for the Single Subject Credential Program and teaching physical education in the K-12 grade setting. Individual Educational Plan (Roadmap – Yellow Sheet) The Four-Semester Plan (Advising Scope and Sequence) for the B.A. in Physical Education – Single Subject Matter Program in Physical Education is found in Appendix B.

Physical Education

The B.A. in Physical Education provides the foundation degree for advanced study in therapeutic exercise, sport administration/management, and coaching and sport instruction. In the general work force many graduates with this degree work in health and fitness clubs in the area of strength and conditioning and sporting goods corporations. Individual Education Plan (Roadmap – White Sheet) The Four-Semester Plan (Advising Scope and Sequence) for the B.A. in Physical Education is found in Appendix C.

Physical Education: Concentration in Health and Wellness Promotion

The B.A. in Physical Education with a Concentration in Health and Wellness Promotion provides the foundation degree for a variety of health and fitness careers. Students interested in continuing their education at an advanced level such as Chiropractic School, Physical Therapy, and Occupational Therapy, and Exercise Science should consider this degree. Those interested in becoming health educators in the hospital or worksite setting should consider this degree. Individual Education Plan (Roadmap – Green Sheet) The Four-Semester Plan (Advising Scope and Sequence) for the B.A. in Physical Education with a Concentration in Health and Wellness Promotion is found in Appendix D.

Liberal Studies: Concentration in Physical Education

The B.A. in Liberal Studies with a Concentration in Physical Education provides the multiple subject teacher with a foundation for becoming a physical education specialist in the elementary school setting. The teacher with this concentration can also teach in the Junior High School or Middle School as a Physical Education teacher. The Individual Education Plan (Roadmap – Blue Sheet) for the B. A. on Liberal Studies with a Concentration in Physical Education is found in Appendix E.

Minor in Physical Education

A minor in Physical Education is available to students completing a B.A. or B.S. in a major outside the Department of Kinesiology. The Individual Education Plan (Roadmap) for the Minor in Physical Education is found in Appendix F.

Supplementary Authorizations

The holder of a Multiple Subjects, Single Subject, Standard Secondary, or Special Secondary Teaching Credential may have one or more of the subjects commonly taught in departmentalized classes and listed below added to his/her credential as a supplementary authorization by verifying completion of the following

requirements specified in the California Administrative Code, Title 5 §80057.5, 80089.1 and 80089.2. Supplementary authorizations cannot be issued in any subject that falls within the statutory single subject category of an applicant's Single Subject Teaching Credential.

INTRODUCTORY SUBJECTS:

These courses may only be taught in grades 9 and below.

Introductory Health Science: Substance Abuse (including alcohol, drug, and tobacco), Family Health, and Nutrition.

Completion of 20 semester units (or 10 upper division semester units)

HLTH 3100 – Foods and Nutrition	3 units
HLTH 3500 – Drugs in the Athletic Environment	3 units
HLTH 4300 – Family Health	3 units*
HLTH 4200 – Elementary School Health and Safety	3 units
<u>OR</u>	
HLTH 4210 – Secondary School Health and Safety	<u>3 units</u>
Total	12 units

Introductory Physical Education: Team sports and games; fundamental and creative movement skills (such as dance and gymnastics); human movement, motor development, and/or motor learning; and individual, dual, nontraditional, and global sports and games (such as aquatics, conditioning, and archery).

Completion of 20 semester units (or 10 upper division semester units)

PHED 3260 – Theory of Strength & Conditioning	2 units
PHED 3300 – Theory & Analysis of Aquatic Sports	2 units
PHED 3320 – Theory & Analysis of Dance & Gymnastics	2 units
PHED 3330 – Theory & Analysis of Individual Sports & Games	2 units
<u>OR</u>	
PHED 3350 – Theory & Analysis of Dual Sports & Games	2 units
PHED 3360 – Theory & Analysis of Team Sports & Games	2 units
PHED 4200 – Motor Learning	3 units
<u>OR</u>	
PHED 4250 – Motor Development	<u>3units</u>
Total	13 units

GENERAL ADVISING TIPS FOR PHYSICAL EDUCATION MAJORS

- ✓ Take **BIOL 1010 - Principles of Biology** and **BIOL 1020 – World of Biology** – it is needed as a prerequisite for your physical education courses and will meet the general education requirement in Area B2
- ✓ Take **ZOOL 2260 – Fundamentals of Human Anatomy** (Lecture & Lab), **ZOOL 2230/2232 – Physiology** (Lecture and lab), in addition to your general education requirements – these courses are required courses in related fields supporting the physical education major
- ✓ Make sure to check with the Administrative Support Coordinator in Field House Room 142 or call (209) 667-3325 to be assigned to an advisor

- ✓ If you decide to change majors you will need to complete a Change of Degree form and submit to the Administrative Support Coordinator in the Physical Education and Health office, Field House room 142.
- ✓ You may not take upper division course until you have completed 60 units (Junior level standing)
- ✓ You can take no more than 16 units without department chair approval and a minimum 3.0 GPA

FRESHMAN STUDENT ADVISING

All registration at CSU, Stanislaus is on-line. As a new undergraduate student you will NOT receive a Registration Notice. Instead you must register for and attend a New Student Orientation session in order to register for classes. To assist you in preparing for course registration and information on English Placement and Entry Level Mathematic requirements a *Schedule Informational Guide* is published for Summer/Fall and Winter/Spring. This guide may be found on the university web page at <http://www.csustan.edu/classschedule/>

Important Tips for Freshman Students

- ✓ You will be taking lower division general education courses your first two years and receiving your advising from the Advising Resource Center (ARC). All Physical Education majors have advising holds. Therefore, after you have been advised in the ARC please contact the Kinesiology Department Coordinator at (209) 667-3325 to request removal of your advising hold
- ✓ You will begin your courses in the physical education major beginning your Junior Year – once you have finished your lower division requirements you may enroll in PHED 3000- level courses in the second semester of your sophomore year
- ✓ The General Education Breadth Requirement courses may be found in the on-line Schedule Information Guide and University Catalog
- ✓ Your first semester of attendance determines your catalog year for breadth requirements – if you are not sure of your catalog year check with the Advising Resource Center
- ✓ Plan to take no more than 14 units your first semester – 12 is a full load (give yourself time to adjust to college)
- ✓ Look at the lower division general education listings for Areas A,B,C, and D to complete your schedule
- ✓ **HLTH 1000** is recommended for course selection in Area E Individual Resources for Modern Living
- ✓ When selecting courses in Area A2 you must complete the English Placement Test (EPT) prior to enrolling in the written communication courses
- ✓ When selecting courses in Area B3 you must complete the Entry Level Mathematics Test (ELM) prior to enrolling in mathematics courses
- ✓ When selecting courses in Area C consider your personal interests and courses that will support the knowledge base in your major
- ✓ Remember while Foreign Language is not a requirement for graduation, it is necessary for those planning on entering the Single Subject Credential Program
- ✓ If you had 3 years of Foreign Language in High School with A's and B's this will meet the Credential program requirement
- ✓ If you do not have swimming skills, it is recommended you take PHED 1610 for your Lower Division General Education Area E-2. You will need the skills taught in this course prior to PHED 3300 – Theory and Analysis of Aquatic Sports

TRANSFER STUDENT ADVISING

All registration at CSU, Stanislaus is on-line. As a transfer undergraduate student you will NOT receive a Registration Notice. Instead you must register for and attend a Transfer Student Orientation session in order to register for classes. To assist you in preparing for course registration a *Schedule Information Guide* is published for Summer/Fall and Winter/Spring. This guide may be found on the university web page at <http://www.csustan.edu/classschedule/>

Important Tips for Transfer Students

- ✓ You will not be able to take upper division general education courses (F-1, F-2, F-3, and G) courses until you have completed 60 units
- ✓ You will need to complete and pass the Writing Proficiency Screening Test (WPST) **before** taking **PHED 3700 – Sport and Society (WP)** or a course from the list of approved Writing Proficiency courses. Register in the Mary Stuart Rogers Building, Suite 180, call (209) 667-3069, or visit the website for the actual registration form: <http://www.csustan.edu/conseling/WPST/wpstformturlock.pdf>
- ✓ **BIOL 1010 – Principles of Biology (Lecture)** and **BIOL 1020- World of Biology (Lab)** or **ZOOL 1050 – Introduction to Zoology** are prerequisite science courses required for the physical education major
- ✓ **ZOOL 2230/2232 - Physiology (Lecture and Lab)**, and **ZOOL 2260 – Fundamentals of Human Anatomy (Lecture and Lab)** are courses in related fields required for the physical education major
- ✓ It is essential to complete the above courses as soon as possible if you have not already done so at the community college (See Appendix B for courses transferring from local community colleges) because these courses must be taken prior to enrolling in the following courses
 - **PHED 4400 – Kinesiology (prerequisite ZOOL 2260)**
 - **PHED 4500 – Physiology of Exercise (ZOOL 2230/2232, it is recommended students take 2260 prior to taking ZOOL 2230 and ZOOL 2232)**
 - **HLTH 3000 – Prevention and Care of Athletic Injuries (ZOOL 2260)**
- ✓ If you have completed your science prerequisites courses at a community college – check the Appendix G for those course number transferring from Columbia College, Merced College, Modesto Junior College, and San Joaquin Delta College. You may check on all other community college science courses in regard to transferability at the Advising Resource Center or with the department chair for Biology
- ✓ Upper division General Education Breadth Requirements may be found in the Schedule Informational Guide and University Catalog
- ✓ Determination of your catalog year is made at the time of your evaluation by Enrollment Services – you may check your Evaluation of Transfer Credit for the catalog year assigned by your evaluator
- ✓ As a physical education major, **HLTH 4300 – Family Health** is recommended for your Area F-3 and G requirement
- ✓ For Single Subject Credential students **ETHS 4200** is recommended for Areas F3 & G
- ✓ Students completing the BA in Physical Education with a Concentration in Health and Wellness must select an F-3 and G course without a **HLTH** prefix
- ✓ When selecting courses in Area F-1 and F-2 consider your personal interest and courses that will support the knowledge base in your major
- ✓ Make sure to include any lower division general education courses checked as needed in your schedule – if you have questions as to which courses may be applicable check with the Advising Resource Center
- ✓ Make an advising appointment early in the semester (before the rush of Priority Registration) to complete your program IEP and four semester plan – a hold will be maintained on your Priority Registration until this has been completed

CONTINUING AND RETURNING STUDENT ADVISING

Continuing and returning students receive Priority Registration dates via their campus email. The link for your university email is <http://www.csustan.edu/mail/>

The *Schedule Information Guide* published for Summer/Fall and Winter/Spring has “Dates to Remember” a section listing the date priority registration emails will be sent. You need a Personal Identification Number (PIN) in order to complete Web Registration. This PIN is available from the Enrollment Services Office. Since the Department of Kinesiology has a mandatory advising policy, there will be a hold placed on your registration. This means you will not be able to log-on to Web Registration until your Advising Hold is released. The advising hold may be released in one of two ways: **(1)** you make an appointment with your department academic advisor, complete a Department Clearance for Registration Form, meet with your

assigned department academic advisor for approval of your course schedule, and submit your Clearance for Registration Form to the department Administrative Support Coordinator for hold removal **OR (2)** after completing an Individual Educational Plan for four semesters with your department academic advisor you may request to have your name placed on the automatic advising hold removal list.

Important Tips for Continuing Students

- ✓ Complete and pass the Writing Proficiency Screening Test (WPST) **prior** to enrolling in PHED 3700 – Sport in Society (WP) or another course on the list of approved Writing Proficiency courses for plans) that you have discussed with your advisor
- ✓ Follow the four-semester plan for your major (See Appendix B- E) that you have discussed with your advisor
- ✓ Keep your Individual Educational Plans (IEP) up-to-date (See Appendix B-E for IEP’s or Roadmaps)
- ✓ You will need to obtain a Graduation Approval Form from Enrollment Services two semesters prior to your planned graduation date – when you receive this completed form from Enrollment Services bring it to the department office so it can be forwarded to the appropriate advisor and then to the department chair. The Department Administrative Support Coordinator will notify you by telephone when your form is available for pick-up
- ✓ For the Single Subject Matter Program in Physical Education Students, see the advisor for the Single Subject Credential Program at least two semesters prior to your planned graduation. You may find contact information on the Single Subject Credential Program web page:
<http://web.csustan.edu/TeacherEd/pages/SingleSubjCredProg/index.html>

ACADEMIC ADVISORS FOR THE DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH

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APPENDIX A

Roles and Responsibilities for Academic Advising Supported by the Department of Kinesiology

“Responsibilities of Students:

1. Comply with the University’s published academic policies, regulations, and deadlines.
2. Meet regularly, i.e. at least once per year with an advisor in the student’s major or, in the case of undeclared majors, advisors in the First Year Programs and Advising Office.
 - a. Students who have declared majors comply with departmental policies requiring meeting with advisors.
 - b. Students who have not declared majors shall follow an Advising Resource Center plan for undeclared students.”

“Responsibilities of Academic Departments and Programs:

1. Each academic department or program shall first standardize and then publicize a comprehensive plan defining the department’s advising policies and procedures. It shall include:
 - a. Procedures for advisor selection or assignment.
 - b. Schedules for advising meetings with department advisors.
 - c. A department policy, which indicates frequency of required or suggested meetings with department faculty and/or peer advisors.
 - d. A plan for training and supervising peer advisors to insure they have knowledge of department programs and university policies (If the department elects to have a peer advisor program).
2. Each department or program shall identify those faculty members who are responsible for advising students in the major.”

“Responsibilities of Faculty:

As part of their contract assignment, fulltime faculty have primary responsibility for delivering advising services to students within their respective departments on matters related to the major degree programs of their departments.

1. General responsibilities of Faculty Advisors:
 - a. Provide accurate, consistent and timely information to allow students to develop meaningful education plans compatible with career and life goals.
 - b. Assist students in planning their academic programs within the major and in resolving problems related to their progress towards a degree within the major.
 - c. Create a welcoming and supportive environment for advisees.
2. Specific responsibilities of Faculty Advisors are to:
 - a. Participate in advisor training sessions and stay current on issues related to advising within the major.
 - b. Help the advisee understand the academic process within the respective school and department.
 - c. Explain department programs, options, entry requirements, expectations, and paths toward a degree.
 - d. Help the advisee plan a course of study related to a major within the school and department.
 - e. Refer advisees to other resources when appropriate.
 - f. Assist the advisee in the graduation application and clearance process as it relates to their major.”

“Responsibilities of Student Service Professional Advisors:

Student Service professional advisors are primarily responsible for deliver of academic advising services to freshmen and sophomore students. Some advising services are provided for juniors and seniors in special majors or programs (i.e., Communicative Disorders, EOP, and students transitioning between majors, etc.)

1. General responsibilities of Student Service Professional Advisors:
 - a. Assist students with the development of meaningful educational plans compatible with career and life goals.

- b. Provide general education advising for prospective, entering and continuing students.
 - c. Assist students in making course selections, including lower division major prerequisites and other program requirements.
 - d. Create a welcoming environment for advisees.
2. Specific responsibilities of Student Service Professional Advisors:
- a. Provide accurate, consistent and timely advising.
 - b. Develop and administer a comprehensive academic advising program for students with undeclared majors.
 - c. Administer an advising/counseling program for students on academic probation.
 - d. Provide in-depth, on-going training for faculty and peer advisors.
 - e. Organize and implement the University's orientation program for new students and coordinate these programs with department advising activities.
 - f. Review and certify the general education/All-University Requirements portion of all undergraduate graduation evaluations.
 - g. Assist Enrollment Services, including Admissions and Evaluation, and the Office of Information Technology in developing needed mechanisms for department to implement their advising programs.
 - h. Provide transfer evaluation review, course selection, and registration assistance to new and continuing students.
 - i. Advise students regarding general education courses, major prerequisites, graduation requirements university procedures, rules and regulations, and other student services.
 - j. Assist students in identifying academic problems, evaluating them realistically, and dealing with their aptitudes and abilities as related to their particular needs."

APPENDIX B

Single Subject Matter Program in Physical Education – Roadmap and Four Semester Plan Advising Scope & Sequence

(Yellow Sheet)

CALIFORNIA STATE UNIVERSITY, STANISLAUS
Turlock, California
Department of Kinesiology

REQUIREMENTS FOR THE SUBJECT MATTER PROGRAM, PHYSICAL EDUCATION

(Teacher Preparation and Licensing Law-Approved March 2009)

<u>PREREQUISITES TO THE Subject Matter Program: (4 units)</u>	Units	Term Fulfilled	Term Proposed	Grade
BOIL 1010 - Pinciples of Biology (Lec)	3			
BIOL 1020 - World of Biology (Lab) OR	1			
ZOOL 1050 - Introduction to Zoology	4			
<u>REQUIRED COURSES IN RELATED FIELDS (8 units)</u>				
ZOOL 2230 - Physiology (Lec)	3			
ZOOL 2232 - Physiology (Lab)	1			
ZOOL 2260 - Fundamentals of Human Anatomy (Lec and Lab)	4			
<u>Required Core Subject units: (30 units)</u>				
HLTH 3000 - Prevention & Care of Athletic Injuries *	3			
PHED 3100 - Foundations, History, & Phil. of P.E.	3			
PHED 3700 - Sport in Society (WP) OR	3			
PHED 3800 - Sport and Exercise Psychology	3			
PHED 4100 - Curriculum. Org. & Adm. of P.E.	3			
PHED 4200 - Motor Learning	3			
PHED 4250 - Motor Development	3			
PHED 4300 - Measurement & Evaluation in P.E.	3			
PHED 4400 - Kinesiology * +	3			
PHED 4500 - Exercise Physiology ** +	3			
PHED 4800 - Adapted Physical Education +	3			
<u>Breadth/Depth courses: (6 units)</u>				
PHED 3450 - Elementary Pedagogy in Physical Education	3			
PHED 4150 - Secondary Pedagogy in Physical Education	3			
<u>Movement Perspective Courses: (20 units)</u>				
All courses in this Group Required, 16 Units				
Group A				
PHED 3300 - T/A of Aquatic Sports	2			
PHED 3310 - T/A of Combative Activities	2			
PHED 3320 - T/A of Dance & Gymnastics	2			
PHED 3330 - T/A of Individual Sport & Games	2			
PHED 3350 - T/A of Dual Sports & Games	2			
PHED 3360 - T/A of Team Sports & Games	2			
PHED 3370 - T/A of Fitness Activities	2			
PHed 3650 - Outdoor Education	2			

Select 2 Courses From List 4 units

Group B

PHED 3200 - Theory of Coaching Football +	2			
PHED 3210 - Theory of Coaching Basketball +	2			
PHED 3220 - Theory of Coaching Baseball +	2			
PHED 3230 - Theory of Coaching Track and Field +	2			
PHED 3240 - Theory of Coaching Volleyball +	2			
PHED 3250 - Theory of Coaching Softball +	2			
PHED 3260 - Theory of Stength and Conditioning +	2			
Total Units	56			

*Pre-requisite: Anatomy, **Pre-requisite: Physiology, +Co-requisite

Student _____ Advisor _____ Date _____

Revised 5/9/09

Comments:

SSCP Program for 2042 Authorization

The table below shows the pre-program courses that should be taken prior to entering the credential program. Applicants must earn a grade of C or better in all pre-program courses and maintain a 3.0 average, with no grade lower than C in program courses.

The columns labeled "First Semester, Winter Term, and Second Semester" is the typical course pattern for candidates in the Fall start Field Site Centers. Spring start students, interns, and students completing the credential program in longer than one academic year will have slightly different pattern of courses.

Preprogram	First Semester	Winter Term	Second Semester
45 hours of documented observation *	<i>EDSC 4100 "Secondary Education I" (4 units)</i>	<i>EDSC 4300 "Secondary Education II" (4 units)</i>	<i>EDSC 4400 "Secondary Education III" (4 units)</i>
PSYC or CDEV 3240 "Human Development II: Adolescence"	<i>EDSC 4850 "Secondary Education Field Practicum I" (2 units)</i>		<i>EDSC 4855 "Secondary Education Field Practicum II" (5 units)</i>
EDSC 3900 "Foundations of Secondary Education" (3 units)	EDSC 4110 "Multilingual Ed in Secondary Schools (3 units) ***		EDSC 4115 "Reading and Writing in the Secondary Content Area" (5 units) (EDSB 4115 for BCLAD students)
Language Experience (see pages 15-16)	EDSE 4160 "Foundations in Special Ed" (1)		
Technology proficiency ***	EDIT 4710 "Ed Technology Foundations" (2 units)		
Upper Division Writing requirement ****	HLTH 4215 "Seminar in Secondary School Health and Safety" (1)		EDSC 4500 "Secondary Education in a Global Society" (3 units)
U.S. Constitution *****			

If you think you have taken an equivalent course, bring a catalogue course description and/or syllabus to the SSCP Coordinator. A form is available in the Department of Teacher Education.

* 45 hours of observation in public secondary schools is required before candidates can begin the program. This may be completed by documentation (Form VIII of the application packet or by taking EDSC 388 "Observing in Secondary Schools).

** "Human Development II: Adolescence requirement may be met by Psych 141 at MJC, FSC 22 at SJDC, or Psych 9 at Merced College or other equivalent courses. Introduction to Psychology courses do NOT meet the requirement. To meet the requirement, the course must focus on the psychology of adolescence.

*** The technology proficiency may be met through documentation or by taking one of the following at CSU Stanislaus: CIS 2000, CS 1000, CS 2000, CS 4000, COGS 3100, PHED 3370, PHED 4300, MUS 2160. Community College equivalent courses include: SJDC – CS 11 and CS 18B; Merced – CPSC 30 or CS 24; MJC – CMPSC 201 and CMPSC 203. For other possible equivalent courses, attach documentation to your application for review by the EDIT faculty. All the technology requirements (proficiency plus EDIT 4600 and 44650) may be completed by an SSAT exam. See the Credentials Office for test bulletins.

**** The Upper Division writing requirement is met by an upper division Writing Proficiency (WP) course, upper division composition course, or 41 or better on the writing portion of the CBEST.

***** The Constitution course is met through PSCI 1201 or an equivalent course that covers U.S. constitution (History 17A at the U.C. system, Merced College or SJDC; History 101 at MJC or Ploi Sci 1 at San Joaquin Delta College). Check with your community college to see what course meets the Constitution requirement for the CSU. May also be met by passing the AP exam in high school in government as long as it shows on your high school transcripts.

NOTE: SSCP pre-program and requirements are subject to change. You should review the current SSCP Application Packet for the semester you plan to enroll in the SSCP. That packet may be found as a pdf file at the following web site: www.csustan.edu/TeacherEd/SingleSubjectCredPro/index.html

**Single Subject Program in Physical Education
Advising Scope and Sequence Design
Fall Admission**

Freshman Year

General Education courses (See General Education Pattern in online Schedule)
BIOL 1010/BIOL 1020 - Principles of Biology (Lecture) & World Biology (Lab)

OR

ZOOL 1050 – Introduction to Zoology

Sophomore Year

General Education courses (See General Education Pattern in online Schedule)
ZOOL 2260 - Fundamentals of Human Anatomy (Lecture & Lab) **AND**
ZOOL 2230 - Physiology (Lecture)
ZOOL 2232 - Physiology (Lab)

Junior Year

Semester One (Fall)

	Units
PHED 3100 – Foundations, History, & Philosophy in PE	3
PHED 3450 – Elementary Pedagogy in Physical Education	3
One Theory of Coaching Course +	2
PHED 3300 – Theory & Analysis of Individual Sports & Games	2
<u>OR</u>	
PHED 3350 – Theory & Analysis of Dual Sports & Games	2
Upper Division Multicultural Course	3
Upper Division General Education Course	<u>3</u>
	16 Units

Winter Term

Upper Division General Education Course	3
	3 Units

Semester Two (Spring)

PHED 4250 – Motor Development	3
PHED 3700 – Sport in Society (WP)	3

OR

PHED 3800 – Sport & Exercise Psychology	3
PHED 4400 – Kinesiology*+	3
PHED 3310 – Theory & Analysis of Combative Activities	2
PHED 3360 – Theory and Analysis of Team Sports	2

HLTH 3000 – Prevention and Care of Athletic Injuries*	3
	16 Units

Senior Year

Semester Three (Fall)

	Units
PHED 4200 – Motor Learning	3
PHED 4300 – Measurement & Evaluation in PE	3
PHED 4150 – Secondary Pedagogy in Physical Education	3
PHED 3320 – Theory & Analysis of Dance & Gymnastics	2
One Theory of Coaching Course+	2
Upper Division General Education Course	<u>3</u>
	16 Units

Winter Term

Single Subject Credential Preprogram Course	3
<u>OR</u>	
Upper division General Education Course	<u>3</u>
	3 Units

Semester Four (Spring)

PHED 3300 – Theory and Analysis of Aquatic Sports	2
PHED 3370 – Theory & Analysis of Fitness Activities	2
PHED 4100 – Curriculum, Organization & Admin in PE	3
PHED 4800 – Adapted Physical Education+	3
PHED 4500 – Exercise Physiology **+	3
One Theory of Coaching Course (if needed) +	2
PHED 3650 – Outdoor Education	<u>2</u>
	15 – 17

Units

*Pre-requisite: Anatomy, **Pre-requisite: Physiology, +Co-requisite

APPENDIX C

B.A. in Physical Education – Road Map and Four
Semester Plan Advising Scope & Sequence and
(White Sheet)

CALIFORNIA STATE UNIVERSITY, STANISLAUS

Turlock, California

REQUIREMENTS FOR THE B.A. DEGREE IN PHYSICAL EDUCATION AND HEALTH

Approved March 2009

PREREQUISITES TO THE MAJOR: (5 units)	Units	Term Fulfilled	Term Proposed	Grade
BOIL 1010 - Pinciples of Biology (Lec)	3			
BIOL 1020 - World of Biology (Lab)	1			
OR				
ZOOL 1050 - Introduction to Zoology	4			
PHED 1000 - Physical Education Activity	1			
REQUIRED COURSES IN RELATED FIELDS (8 units)				
ZOOL 2230 - Physiology (Lec)	3			
ZOOL 2232 - Physiology (Lab)	1			
ZOOL 2260 - Fundamentals of Human Anatomy (Lec and Lab)	4			
REQUIRED COURSES IN MAJOR FIELD (18 units)				
Group One: All courses required				
PHED 3100 - Foundations, History, & Phil. of P.E.	3			
PHED 4100 - Curriculum, Org. & Adm. of P.E.	3			
PHED 4200 - Motor Learning	3			
PHED 4300 - Measurement & Evaluation in P.E.	3			
PHED 4400 - Kinesiology * +	3			
PHED 4500 - Exercise Physiology ** +	3			
Group Two: Eight units from the following courses:				
PHED 3400 - Elementary Physical Education	3			
PHED 3700 - Sport in Society (WP)	3			
PHED 4800 - Adapted Physical Education +	3			
HLTH 3000 - Prevention & Care of Athletic Injuries *	3			
Group Three: Four units from the following				
PHED 3200 - Theory of Coaching Football +	2			
PHED 3210 - Theory of Coaching Basketball +	2			
PHED 3220 - Theory of Coaching Baseball +	2			
PHED 3230 - Theory of Coaching Track and Field +	2			
PHED 3240 - Theory of Coaching Volleyball +	2			
PHED 3250 - Theory of Coaching Softball +	2			
PHED 3260 - Theory of Stength and Conditioning +	2			

Group Four: Eight units from the following

PHED 3300 - T/A of Aquatic Sports	2			
PHED 3310 - T/A of Combative Activities	2			
PHED 3320 - T/A of Dance & Gymnastics	2			
PHED 3330 - T/A of Individual Sport & Games	2			
PHED 3350 - T/A of Dual Sports & Games	2			
PHED 3360 - T/A of Team Sports & Games	2			
Total	38			

*Pre-requisite: Anatomy, **Pre-requisite: Physiology, +Co-requisite

Student _____ Advisor _____ Date _____

Revised 5/6/09

Comments:

**B.A in Physical Education
Advising Scope and Sequence Design
Fall Admission**

Freshman Year

Lower Division General Education courses
BIOL 1010/BIOL 1020 - Principles of Biology (Lecture) & World Biology (Lab)

OR

ZOOL 1050 – Introduction to Zoology
PHED 1000 – Physical Education Activity

Sophomore Year

Lower Division General Education courses
ZOOL 2260 - Fundamentals of Human Anatomy (Lecture & Lab)
ZOOL 2230 - Physiology (Lecture)
ZOOL 2232 – Pysiology (Lab)

Junior Year

Semester One (Fall)

PHED 3100 – Foundations, History, & Philosophy in PE
One Course from Group 2
One Theory of Coaching Course from Group Three+
One Theory & Analysis Course from Group Four
Upper Division Multicultural Course
Upper Division General Education Course

Units

3
3
2
2
3
3
16 Units

Winter Term

Upper Division General Education Course

3
3 Units

Semester Two (Spring)

PHED 3700 – Sport in Society (WP)
PHED 4400 – Kinesiology*+
Two Theory & Analysis Courses from Group Four
One Course from Group Two

3
3
4
3
13 Units

Senior Year

Semester Three (Fall)

PHED 4200 – Motor Learning
One course from Group Four
Upper Division General Education Course

Units
3
2
3
13 Units

Winter Term

Upper Division General Education Course (if needed)

3
3 Units

Semester Four (Spring)

PHED 4100 – Curriculum, Organization & Admin
PHED 4500 – Physiology of Exercise**+
One Course from Group Two
One Course from Group Three (if needed)+
One Course from Group Four (if needed)

3
3
2
2
2
9-13 Units

*Pre-requisite: Anatomy, **Pre-requisite: Physiology, +Co-requisite

APPENDIX D

B.A. in Physical Education with a Concentration in
Health and Wellness – Roadmap and Four Semester
Plan Advising Scope & Sequence (Green Sheet)

CALIFORNIA STATE UNIVERSITY, STANISLAUS
Turlock, California
Department of Kinesiology

REQUIREMENTS FOR
THE HEALTH AND WELLNESS PROMOTION CONCENTRATION
IN PHYSICAL EDUCATION AND HEALTH

This concentration does not qualify students for admission to the credential program.

Approved 1998 - July 1, 2010

PREREQUISITES TO THE MAJOR: (4 units)	Units	Term Fulfilled	Term Proposed	Grade
BOIL 1010 - Principles of Biology (Lec)	3			
BIOL 1020 - World of Biology (Lab) OR	1			
ZOOL 1050 - Introduction to Zoology	4			
PHED 1000 - Physical Education Activity	1			
REQUIRED COURSES IN RELATED FIELDS (8 units)				
ZOOL 2230 - Physiology (Lec)	3			
ZOOL 2232 - Physiology (Lab)	1			
ZOOL 2260 - Fundamentals of Human Anatomy (Lec and Lab)	4			
Required Courses in the Major (45-46 units)				
1. Complete all of these courses: (15 units)				
PHED 4300 - Measurement & Evaluation in P.E.	3			
PHED 4400 - Kinesiology * +	3			
PHED 4500 - Exercise Physiology ** +	3			
PHED 4800 - Adapted Physical Education +	3			
HLTH 3000 - Prevention and Care of Athletic Injuries *	3			
2. Complete <u>two</u> courses from the following (6 units)				
PHED 3400 - Elementary Physical Education	3			
PHED 3700 - Sport in Society (WP)	3			
PHED 3800 - Sport Psychology and Exercise Psychology	3			
PHED 4200 - Motor Learning	3			
PHED 4250 - Motor Development	3			
3. Complete the following courses for the concentration: (18-19 units)				
PHED 3370 - Theory of Fitness Activities	3			
HLTH 3100 - Food and Nutrition	3			
HLTH 3030 - Cardiovascular Health, Fitness, & Exercise	3			
HLTH 4500 - Health in a Diverse Society	3			
HLTH 4600 - Health and Fitness Assessment ##	3			
HLTH 4650 - Health & Fitness Program Design #	3			
HLTH 4940 - Fieldwork or Practicum in Health	1--2			

4. Complete 2 courses from the following related fields: (6 units)

COMM 3120 - Management Communication	3			
HLTH 4300 - Family Health	3			
PSYC 3660 - Psychology of Women	3			
PSYC 3340 - Human Development III: Adulthood & Aging	3			
SOCL 4710 - Sociology of Aging	3			
Total				58-59

Pre-requisite: *Human Anatomy; **Physiology; + Co-requisite; # Health & Fitness Assessment;
Foods and Nutrition , Measurement & Evaluation

Student _____ Advisor _____ Date _____

Revised 5/6/09

Comments:

BA in Physical Education: Concentration in Health and Wellness Promotion Advising Guide

Prerequisite courses to the Major/Concentration

BIOL 1010 (3) – Principles of Biology (Lecture)

BIOL 1020 (1) – World of Biology (Lab)

OR

ZOOL 1050 (4) – Intro to Zoology (Lecture and Lab)

ZOOL 2260 (4) – Fundamentals of Human Anatomy (Lecture and Lab)

ZOOL 2230/2332 (4) – Physiology (Lecture and Lab)

PHED 1010-1090 (1) – Physical Education Activity Course *Area E-2*

(*Note: For General Education Area E1 Recommended: HLTH 1000 – Health in Today's Society*)

Junior Year

FALL

PHED 4300 (3) – Measurement and Evaluation in Physical Education

PHED 4400 (3) – Kinesiology +*

PHED 4800 (3) – Adapted Physical Education+

HLTH 4500 (3) – Health in a Diverse Society - *Fall only*

HLTH 4940 (1) – Practicum in Health – *Fall only (continue through senior year)*

One course from Group 2 or Group 4

WINTER

Upper Division General Education Course

SPRING

HLTH 3100 (3) – Foods and Nutrition – *Spring only*

HLTH 3000 (3) – Prevention and Care of Athletic Injuries* +*Take now or Spring of Senior Year.*

PHED 4500 (3) – Exercise Physiology+** – *Take now or Fall of Senior Year*

One Course from Group 2 or Group 4 (Note: Of the Group 2 and Group 4 courses, some are within our department and some are outside. You will need to find out when they are offered to work out your schedule. You may also choose to take more than one of these in a particular semester. You will need to take 2 courses from Group 2 and 2 courses from Group 4.)

* ZOOL 2260 -Fundamentals of Human Anatomy, ZOOL 2230/2232** Physiology (Lecture & Lab), + Co-requisite

Senior Year

FALL

PHED 4500 (3) – Exercise Physiology+** – *Take now or Spring of Junior Year*

HTLH 4600 (3) – Health and Fitness Assessment † - *offered Fall only*

HLTH 4500 (3) – Health in a Diverse Society - *offered Fall only*

One course from Group 2 or Group 4

WINTER

Upper Division General Education Course

SPRING

HLTH 4650 (3) – Health and Fitness Program Design†† - *offered in Spring only*

HLTH 3030 (3) – Cardiovascular Health, Fitness, and Exercise - *offered in Spring only*

PHED 3370 (2) – Theory & Analysis of Fitness Activities – *offered in Spring only*

HLTH 3000 (3) – Prevention and Care of Athletic Injuries* - *Take now or Spring of Jr. Yr.*

One course from Group 2 or Group 4 (Note: Of the Group 2 and Group 4 elective courses, some are within our department, and some are outside. You will need to find out when they are offered to work out your schedule. You may also choose to take more than one of these in a particular semester. You will need to take 2 courses from Group 2 and 2 courses from Group 4.)

*Prerequisite – ZOOL 2260 – Fundamentals of Human Anatomy

**Prerequisite – ZOOL 2230/2232 – Physiology

†Prerequisites – HLTH 3100 - Foods and Nutrition and PHED 4300 Measurement and Evaluation in Physical Education and Health

††Prerequisite – HLTH 4600 Health and Fitness Assessment+

For those interested in transferring to a Physical Therapy Master's Program you will need additional courses depending on the university. Some of the undergraduate prerequisite course requirements are General and Organic Chemistry, Physics, Introduction to Psychology, and Statistics. It is important to verify the required undergraduate prerequisites with the transfer institution.

For those interested in transferring to an Occupational Therapy Master's Program you will need additional courses depending on the university. Some of the common undergraduate prerequisite course requirements are Statistics, Physics, Introduction to Psychology, Introduction to Sociology, Anthropology, and Studio Arts. It is important to verify the required undergraduate prerequisites with the transfer institution.

For all other professional degrees verify required undergraduate prerequisites with the transfer institution.

APPENDIX E

B.A. in Liberal Studies with a Concentration in Physical Education Roadmap (Blue Sheet)

**DEGREE MAJOR IN LIBERAL STUDIES WITH
A CONCENTRATION IN PHYSICAL EDUCATION CHECK LIST
Department of Kinesiology**

Student's Name: _____

REQUIREMENTS (20 units)

Complete two (2) of the following courses (6 units)	<u>Units</u>	<u>Date Fulfilled</u>	<u>Grade</u>	<u>Unfulfilled Units</u>
PHED 3400 - Elementary Physical Education	3			_____
PHED 4200 - Motor Learning OR	3			
PHED 4250 - Motor Development	3			

Complete one (1) course from Group One of the Major (3 units)

PHED 3100 - Foundations, History, & Phil. Of P.E.	3			_____
PHED 4100 - Curriculum, Org. & Adm. Of P.E.	3			
PHED 4300 - Measurement & Evaluations in P.E.	3			
PHED 4400 - Kinesiology*	3			
PHED 4500 - Exercise Physiology*	3			

Complete one (1) course from Group Two of the Major (3 units)

PHED 3700 - Sport in Society (WP)	3			_____
PHED 4800 - Adapted Physical Education +	3			
HLTH 3000 - Prevent & Care of Athletic Injuries*	3			
HLTH 4200 - Elementary School Health & Safety	3			

Complete three (3) course from Group Four of the Major (6 units)

PHED 3300 - T/A of Aquatic Sports	2			_____
PHED 3310 - T/A of Combative Activities	2			
PHED 3320 - T/A of Dance & Gymnastics	2			
PHED 3330 - T/A of Individual Sport & Games	2			
PHED 3350 - T/A of Dual Sports & Games	2			
PHED 3360 - T/A of Team Sports & Games	2			

Complete one (1) course from any of the courses listed above on this sheet (2-3 units)

Elective _____

Total Unfulfilled Units _____

*Prerequisites Required & Corequisites

Other courses are required - consult the College of Education portion of the catalog.

Revised: 5/6/09

Advisor's Signature: _____ **Date:** _____

Comments:

APPENDIX F

Minor in Physical Education

Roadmap

CALIFORNIA STATE UNIVERSITY, STANISLAUS
Turlock, California
Department of Kinesiology

REQUIREMENTS FOR THE MINOR IN PHYSICAL EDUCATION
Approved March 2009

REQUIREMENTS (21 units)

	Units	Term Fulfilled	Term Proposed	Grade
1. Complete				
HLTH 3000 - Prevention & Care of Athletic Injuries *	3			
2. Complete the following coursework from the groups listed for the Bachelors of Arts in Physical Education Major (18 units):				
Group One: 6 units				
PHED 3100 - Foundations, History, & Phil. Of P.E.	3			
PHED 4100 - Curriculum, Org. & Adm. Of P.E.	3			
PHED 4200 - Motor Learning	3			
PHED 4300 - Measurement & Evaluations in P.E.	3			
PHED 4400 - Kinesiology * +	3			
PHED 4500 - Exercise Physiology ** +	3			
Group Two: 4 units				
PHED 3400 - Elementary Physical Education	3			
PHED 3700 - Sport in Society (WP)	3			
PHED 4800 - Adapted Physical Education +	3			
Group Three: 4 units				
PHED 3200 - Theory of Coaching Football +	2			
PHED 3210 - Theory of Coaching Basketball +	2			
PHED 3220 - Theory of Coaching Baseball +	2			
PHED 3230 - Theory of Coaching Track and Field +	2			
PHED 3240 - Theory of Coaching Volleyball +	2			
PHED 3250 - Theory of Coaching Softball +	2			
PHED 3260 - Theory of Strength and Conditioning +	2			

Group Four: 4 units

PHED 3300 - T/A of Aquatic Sports	2			
PHED 3310 - T/A of Combative Activities	2			
PHED 3320 - T/A of Dance & Gymnastics	2			
PHED 3330 - T/A of Individual Sport & Games	2			
PHED 3350 - T/A of Dual Sports & Games	2			
PHED 3360 - T/A of Team Sports & Games	2			
Total	38			

*Pre-requisite: Anatomy, **Pre-requisite: Physiology, +Co-requisite

Student _____ Advisor _____ Date _____

Revised 5/6/09

Comments:

APPENDIX G

Prerequisite Transfer Courses from Selected Community Colleges

	Columbia College	Merced College	Modesto Junior College	San Joaquin Delta College
BIOL 1010 Principles of Biology (3)	BIOL 17 Fundamentals of Biology (4)	BIOL 1 General Biology (4) OR BIOL 4 Principles of Biology (4)	BIO 101 Biological Principles (5) OR BIO 111 General Biology (4)	BIOL 1 Core Biology (4) OR BIOL 10 Survey of Biology (4)
BIOL 1020 World of Biology (1)		ZOO 1 General Zoology	ZOOL 101 General Zoology	BIOL 2 General Zoology (5)
ZOOL 1050 Introduction to Zoology (4)	BIOL 4 Principles of Animal Biology (4)	ANAT 25 General Anatomy (4)	ANAT 125 Anatomy (4)	BIOL 11 Human Biology (4)
ZOOL 2260 Fundamentals of Human Anatomy (4)	BIOL 10 Human Anatomy (4)	PHYO 1 Principles of Physiology (4)	PHYSO 101 Introductory Human Physiology (4)	BIOL 32 Human Physiology (4)
ZOOL 2230 Physiology (3) Lecture ZOOL 2232 Physiology (1) Lab	BIOL 60 Human Physiology (4)	PHED Activity Course	P.E. Activity Course	P.E. Activity Course
PHED 1010- 1990 Physical Education Activity	H-HP Activity Course			