

96-02

February 28, 1996

**Bachelor of Arts in Physical Education**  
**Option in Athletic Training (2-1240)**  
**Option in Fitness (2-1241)**  
**Option in Adapted Physical Education (2-1242)**  
**Option in Elementary School Physical Education (2-1243)**  
**Option in Secondary School Physical Education (2-1244)**

These options were recommended by the Academic Senate on February 8, 1996  
and approved by the President on February 20, 1996.

The Department's mission is accomplished by providing excellence in instruction, scholarship and service through a multidisciplinary approach that will foster the development and maintenance of behavior that is essential for a healthy lifestyle in ever changing demographics. The Department's programs offer a course of study for students wishing to prepare for professional careers or related disciplines in physical education-teaching (Adapted, Elementary, and Secondary), athletic training, fitness-wellness, exercise science and kinesiotherapy. The programs have been developed from physiological, psychological, biomechanical, and sociological principles. In meeting these educational needs of the student, three degrees are offered:

1. Bachelor of Arts in Physical Education
2. Bachelor of Science in Physical Education
3. Master of Arts in Physical Education

Under the Bachelor of Arts degree, courses are offered which meet requirements for the following:

1. Physical Education major with an option in athletic training or fitness;
2. Physical Education major leading to a single-subject teaching credential;
3. A minor concentration in Physical Education;
4. Adapted Physical Education Single Subject Emphasis Credential;
5. Certificate Programs.

Under the Bachelor of Science degree, courses are offered which meet requirements for the following: Physical Education major with an option in exercise science or kinesiotherapy.

In addition to its degree offerings, the Department assumes the responsibility for the psychological, physiological, and sociological needs and interest of the college student through general education, interdisciplinary, and physical activity course offerings. Students enrolling in physical education activity courses assume responsibility for satisfactory health status appropriate to the class activity.

In addition to the degree requirements for the Bachelor of Arts in Physical Education and the Bachelor of Science in Physical Education, the Major must meet the following Department policies and requirements for University graduation:

1. Each major course and prerequisite course must be completed with a grade of "C" or better. A course in which a grade lower than a "C" is received must be retaken and successfully completed prior to enrolling in any course for which it is a prerequisite;
2. Upper division courses may not be waived by substitution or examination without Department petition and approval;
3. Current certification in First Aid (ARC-Standard, Advanced, EMT or equivalent) and Cardiopulmonary Resuscitation (ARC-Community, Professional Rescuer; AHA-Level B, Level C, or

equivalent);

4. Department approval.

5. Bachelor of Arts degree Majors must also have Department clearance of lower division courses/activities and skill proficiencies;

### **Bachelor of Arts in Physical Education**

Students pursuing a Bachelor of Arts degree in Physical Education must complete lower division and upper division core courses and skill proficiency requirements plus courses in a specific area (Option). Students may select their area of specialization from one of the five Options described below. In meeting the requirements of this degree, the Department offers five specialized Options for study which permit students to develop a conceptual understanding related to human movement and to focus on preparation for one or more specific occupations. The student must demonstrate 1) physical skill proficiency, 2) knowledge of physical fitness, and 3) knowledge in the personal performance activity courses completed according to the lower division core requirements for specific Options prior to graduation. A minimum of 124 units are required for graduation.

### **Physical Skill Proficiency**

Each Bachelor of Arts Major is required to demonstrate physical skill proficiency at a 3.5 (1-5 scale) overall average level in fitness (KPE 263 or 343) and the personal performance activity courses required in each Option prior to graduation. Physical skill proficiency examinations are administered in the appropriate personal performance activity courses. Only physical skill proficiency scores in the range of a 2.0-5.0 are recorded and computed to determine a student's physical skill proficiency average.

### **Option in Athletic Training (code 2-1240)**

This Option is designed for students interested in careers in the prevention/care of athletic injuries and the administration of athletic training programs in public and private schools, colleges, universities, and with professional teams. Students interested in pursuing certification by the National Athletic Trainers Association, Inc. must complete additional requirements which are available from the Department Office.

Lower Division: A/P 202, 207; PSY 100; KPE 215, 263, and eight physical activity units distributed over a minimum of four activity categories: Aquatics: KPE 125A, 125B, 238, 241; Combative: KPE 106A, 149A, 249; Dance: KPE 181A, 185, 260; Individual/Dual Sports: KPE 100A, 100B, 112A, 112B, 171A, 264, 265, 266, 267; Wilderness Studies: KPE 242, 244, 246B; Team Sports: KPE 250, 253, 255, 257.

Upper Division: KPE 300, 301, 307, 308, 309, 310, 312, 315, 332I, 335, 363, 407; H SC 427; E DP 434B; Select one course from FCS 430 or H SC 210.

### **Option in Fitness (code 2-1241)**

This Option is designed for those students interested in careers in the fitness industry, e.g., fitness director at a YMCA.

Lower Division: A/P 202, 207; PSY 100; KPE 210, 215, 263, and eight physical activity units distributed over a minimum of four activity categories: Aquatics: KPE 125A, 125B, 238, 241; Combative: KPE 106A, 149A, 249; Dance: KPE 181A, 185, 260; Individual/Dual Sports: KPE 100A, 100B, 112A, 112B, 171A, 264, 265, 266, 267; Wilderness Studies: KPE 242, 244, 246B; Team Sports: KPE 250, 253, 255, 257.

Upper Division: KPE 300, 301, 305, 312, 315, 332I, 335, 363, 405, 489D; Select three courses from KPE 307, 309 or 320, 462/562, 483, 465/565, REC 425, FCS 430.

A fieldwork, field experience or internship course requires current certification in First Aid (ARC-Standard, Advanced, EMT or equivalent) and Cardiopulmonary Resuscitation (ARC-Community, Professional Rescuer; AHA-Level B, Level C, or equivalent) prior to enrollment.

### **Option in Adapted Physical Education (code 2-1242)**

This Option is designed for the preparation of students seeking a California Single Subject Clear

Credential in Physical Education (K-12) with a specialist credential in adapted physical education. The emphasis is placed upon teaching public school physical education to students with disabilities in preschool through grade 12. The academic and professional course work is designed to provide students with philosophical, theoretical and applied concepts of teaching adapted physical education.

Lower Division: A/P 202, 207; PSY 100; KPE 149A, 171A, 215, 250, 253, 255, 257, 260, 264, 265, 266, 267; Select one course from KPE 238, 241.

Upper Division: KPE 300, 301, 312, 315, 320, 322, 332I, 335, 343, 370, 380, 387, 388, 464.

A fieldwork, field experience or internship course requires curr3.8hi71A, 215, 250, 253, 255, 257, 260, 264, ,