**Department of Physical Education and Kinesiology**

**School of Social Sciences and Education**

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**Program Description**

The Bachelor of Science Degree in Physical Education and Kinesiology (PEAK) at CSUB covers a broad knowledge base that represents several disciplines that include traditional physical education, exercise science, and coaching. Students majoring in Physical Education and Kinesiology have two concentrations to choose from: Physical Education and Exercise Science.

Students who complete the **Concentration in Physical Education** will be prepared to fulfill requirements for the State of California Single Subject Credential in Physical Education as established by the California Commission on Teacher Credentialing (CCTC). Students wishing to teach in the junior-high and senior-high school levels will be required to take additional courses to obtain the single subject teaching credential (in addition to the Physical Education concentration curriculum).

Students who desire to coach as well as teach have the opportunity to select various theory of coaching courses within the major to prepare for coaching careers.

The **Concentration in Exercise Science** prepares students for careers in the fitness/wellness industry (e.g., corporate fitness) and certain clinical rehabilitation settings (e.g., cardiac rehabilitation). This concentration also provides students with the opportunity to prepare for advanced studies in related disciplines (e.g., masters degree in exercise science) and professional academic programs (e.g., physical therapy). This concentration follows current guidelines for academic programs in exercise physiology/science established by the American Society of Exercise Physiologists (ASEP) and prepares students for nationally recognized professional certifications offered by ASEP, the American College of Sports Medicine (ACSM), and the National Strength and Conditioning Association (NSCA).

Another academic preparation offered by the department in addition to the major includes a minor in Physical Education and Kinesiology. Also, the department offers a variety of activity courses (100-level) for recreational/fitness purposes. These activity courses are offered on a credit/no-credit basis and are not applicable to the Physical Education and Kinesiology major requirements. Up to 8 units of 100-level activity courses may be applied toward the 180-unit CSUB graduation requirement.

**Requirements for the Bachelor of Science Degree with a Major in Physical Education and Kinesiology**

The Bachelor of Science Degree with a major in Physical Education and Kinesiology requires a minimum of 180 units which includes courses for the major and minor and courses for the other university-wide graduation requirements: General Education, American Institutions, First-Year Experience, Gender-Race-Ethnicity, and Upper Division Writing, and Foreign Language.

**Discipline Requirements for the Major**

Students interested in majoring in Physical Education and Kinesiology should obtain general information about the program early in their lower division career. After declaring a major in Physical Education and Kinesiology, they should meet with an appointed advisor within the department to plan a course of study in a specific concentration. This is essential given that certain courses are offered only once a year and that many courses have prerequisites that require completion of sequenced non-major and major courses in order to fulfill these requirements. The cognate courses are some of these prerequisites and are best taken with the lower division general education courses prior to reaching Upper Division status. Majors must earn a grade of “C” or better in all PEAK courses as well as cognate and elective courses required for the major.

**Requirements for the Bachelor of Science Degree in Physical Education and Kinesiology: Concentration in Physical Education**

**Total Units Required to Graduate 180 units**

**Major Requirements 94-95 units**

Core Courses 37

Major Courses 33

Major Electives 6

Cognates 18-19

**Minor Requirements 0 units**

**Other University Requirements 72-82 units**

CSUB 101 2

American Institutions 5

Area A 15

Area B 5-10\*

Area C 15

Area D 15

Theme 1 5

Theme 2 5

Theme 3 5

GRE 0-5

GWAR (Exam) or Class 0-5

\*satisfied in major, minor or other university requirement

**Additional Units 0-13 units**

**Requirements for the Major with a Concentration in Physical Education** (57-58 units in addition to Core units)

1. **Required Core Courses** (Both Concentrations; 37 units):

PEAK 200\*, 300, 305, 310, 325, 401, 404, 490

\*PEAK 200 is a prerequisite to all other PEAK courses 300-level and above (it can be taken concurrently). Therefore, it should be taken as soon as possible within the required coursework. Students must have valid certification in First Aid and CPR from a recognized agency (e.g., American Red Cross; American Heart Association) at the time of graduation.

2. **Required Major Courses** (33 units):

PEAK 331, 332, 381, 382, 383, 384, 385, 386, 387, 388, 389, 400, 431, 432

3. **Major Electives** (minimum of 6 units based upon emphasis within concentration):

Electives may be chosen from the following courses:

PEAK 290, 351, 352, 353, 354, 355, 356, 357, 362, 370, 373, 402, 430, 481, 482, 483, 484, 496, 499

4. **Required Cognate Courses** (18-19 units):

BIOL 250, 255, 256, 270 and CHEM 101 or 150 or 211 and 211L

**Note:** G.E. Area B1 and B3 requirements are satisfied by Chem 150. G.E. Area B2 requirement is satisfied by Biol 250 (for declared PEAK Majors only). G.E. Gender Race and Ethnicity (GRE) requirement is satisfied by PEAK 430.

**Requirements for the Bachelor of Science Degree in Physical Education and Kinesiology: Concentration in Exercise Science**

**Total Units Required to Graduate 180 units**

**Major Requirements 96-97 units**

Core Courses 37

Major Courses 26

Major Electives 15

Cognates 18-19

**Minor Requirements 0 units**

**Other University Requirements 77-87 units**

CSUB 101 2

American Institutions 5

Area A 15

Area B 5-10\*

Area C 15

Area D 15

Theme 1 5

Theme 2 5

Theme 3 5

GRE 5

GWAR (Exam) or Class 0-5

\*satisfied in major, minor or other university requirement

**Additional Units 0-17 units**

**Requirements for the Major with a Concentration in Exercise Science** (59-60 units in addition to Core units):

1. **Required Core Courses** (Both Concentrations; 37 units):

PEAK 200\*, 300, 305, 310, 325, 401, 404, 490

\*PEAK 200 is a prerequisite to all other PEAK courses 300-level and above (it can be taken concurrently). Therefore, it should be taken as soon as possible within the required coursework. Students must have valid certification in First Aid and CPR from a recognized agency (e.g., American Red Cross; American Heart Association) at the time of graduation.

2. **Required Major Courses** (26 units):

PEAK 290, 406, 475, 485, 486, 498

3. **Electives** (15 units):

A minimum of 15 units of appropriate electives based upon emphasis within the concentration (subject to approval of advisor). Electives may be chosen from the following areas: Biology, Chemistry, Communications, Management, Mathematics, Physics, Physical Education and Kinesiology, Psychology

4. **Required Cognate Courses** (18-19 units):

Biol 250, 255, 256, 270 and CHEM 101 or 150 or 211 and 211L. G.E. Area B4 (MATH) requirement. (Students should contact an advisor for the concentration to determine which G.E. MATH course is best suited for their academic and professional needs; not counted in cognate course units.)

**Note:** G.E. Area B1 and B3 requirements are satisfied by Chem 150. G.E. Area B2 requirement is satisfied by Biol 250 (for declared PEAK Majors only).

**Requirements for the Minor in Physical Education and Kinesiology**

A minor is not required for the degree but is available to other majors. The minimum requirement for the minor in Physical Education and Kinesiology is 20 units, 10 of which must be in upper division courses. Of the 20 required units, up to 6 can be counted from courses 351-389. Only courses applicable to the major will be accepted for the minor. The minor curriculum plan is based upon the student’s educational and professional goals. Students must meet with an appointed department advisor to develop the minor curriculum plan prior to beginning coursework.