Secondary Teacher Preparation in Kinesiology
Fast Track: Sample 4-year plan

Note to students: Remember that this is a SAMPLE. Your schedule, for many reasons, will probably not end up looking exactly like this. What's shown is a "fast-track" schedule. Be aware that you also have the option of completing the Kinesiology major over a four-year period, with a fifth year reserved for your teaching credential. Requirements will differ if you enter Westmont with AP or college credit. Please confer with Kinesiology department advisor as major requirements sometimes change. Pre-requisites for the Education Program are in bold.

Fall	units	Spring	units
GE Common Context (see options below)	4	GE Common Context	4
ENG 2: Composition (CS: A1)	4	GE Common Context	4
GE Common Skill: Foreign Language	4	GE Common Inquiry: A, E, G	4
PHY 11: Intro to Physical Science (CI: B)	4	PSY 1: General Psychology	4
PE 32: Fitness for Life (CS: D)	1	PEA (CS: D)	1
Total Units	17		17
First Year May Term or Summer: MATH 9: Calculus (CI: D) (3-4 units)			
KNS/BIO 11: Human Anatomy (CI: C) + lab	4	BIO 12: Human Physiology + lab	4
KNS 72: Foundations of Kinesiology	3	KNS 40/BIO 40: Nutrition	4
KNS 181: Special Populations	4	GE Common Context	4
KNS 156: Health Education	2	GE Common Inquiry: A, E, G (3-4 units)	4
GE Common Context	4	KNS 157: Psychology of Sport & Movement	2
PEA (CS: D)	1		
Total Units	18		18
Second Year May Term or Summer: KNS 141: Politics of Sports (CI: H) (4 units)			
MATH 5: Statistics	4	KNS 195: Senior Seminar	2
KNS 101: Basic Biomechanics + lab	4	KNS 105: Physiology of Exercise + lab	4
KNS 151: Prevention & Treatment of Ath. Injuries	3	KNS 166: Public Speaking in Kinesiology	4
ED 105: Cultural Diversity (CI: F)	4	**ED 101: Explorations in Teaching** (CA: 1)	4
ED 161: Technology for the Classroom Teacher	2	GE Common Inquiry: A, E, G	4
PEA (CS: D) (1 unit)	1		1
Total Units	18		18
Third Year May Term or Summer: **ENG 106: Language Acquisition** (3-4 units)			
ED 111: Educational Psychology	4	ED 151: Curriculum, Management, Instruction	2
ED 129: Physical Education Curri. and Planning	4	ED 191: Student Teaching	12
ED 171: Content Area Literacy	4	ED 196: Student Teaching seminar	3
ED 130: Special Education	2		
KNS 155: Fundamentals of Movement	2		
KNS 185: Motor Behavior	2		
Total Units	18		17

Courses in bold print are pre-requisites for the ED program.

Westmont General Education Requirements

Common Context (CC)	Common Inquiries (CI)	Common Skills (CS)	Compassionate Action (CA)
RS 1: Old Testament RS 10: New Testament RS 20: Christian Doctrine PHI 6: Philosophical Reflections HIS 10: World History Christian Pers.	A. Reading Imaginative Literature B. Exploring the Physical Sciences C. Exploring the Life Sciences D. Reasoning Abstractly E. Working Artistically F. Thinking Globally G. Thinking Historically H. Understanding Society	A1. Writing for the Liberal Arts A2. Writing within the major A3. Writing outside the major Writing requirements are often fulfilled while taking other classes. B. Quantitative/Analytical Reasoning C. Modern/Foreign Language D. Physical Education (4 classes)	One course: B1. Serving Society; Enacting Justice B2. Communicating Cross-culturally

Assumptions underlying this plan:

1. That the student will fulfill Common Skills: B (Quantitative and Analytical Reasoning) at the same time as one of the Common Inquiry Courses.

NOTE: Students may want to consider the Kinesiology Mayterm (KNS 72: Foundations, KNS elective, and PEA) and/or Kinesiology elective options when available.