

**Major Course Requirements**

*A minimum of 87-89 hours (4 upper-division hours)*

**► Required Core Courses (73 hours):**

ESAC 368	Water Safety Instructor	2
ESAC 370	Lifeguard Training	2
ESTH 101	Health and Exercise Science Career Pathways	2
ESTH 170	Care and Prevention of Athletic Injuries	2
ESTH 271+2+3	Theory & Practice of Officiating	3+3+2
ESTH 281	Theory & Tech of Track & Field/Softball	3
ESTH 282	Theory & Tech of Basketball/Volleyball	3
ESTH 283	Theory & Technique of Soccer/Flag Football	3
ESTH 287	Theory & Technique of Individual Sports	3
ESTH 301	Exercise Physiology	4
ESTH 301L	Exercise Physiology Lab	1
ESTH 302	Biomechanics	4
ESTH 311	Intro to Adapted Physical Activity	3
ESTH 312	Motor Learning	4
ESTH 361	Coaching	2
ESTH 365	Outdoor Experience	3
ESTH 381	Theory & Technique of Racket Sports	3
ESTH 383	Theory & Technique of Training	4
ESTH 401	Research in Health and Exercise Science	4
ESTH 450	Sports Psychology and Ethics	4
ESTH 470	Management in Exercise Science & Sport	3
ESTH 476	Physical Education for Children	3
FDNT 235	Nutrition	3
HLED 166	Health Education	2
HLED 166L	Health Education Lab	1

**► Required Cognate Courses (14-16 hours)**

BIOL 101	Human Anatomy	5
BIOL 102	Human Physiology	5
PHYS 105-106L	Introduction to Physics + Lab	5+1
or PHYS 111	General Physics	4

Students majoring in physical education are expected to choose a minor in consultation with their major advisor.

**Teaching Credential**

Students desiring to enter a program of studies leading to a California teaching credential in physical education should take the B.S. degree in Physical Education. Students will need to pass the physical education portion of the CSET exam one quarter prior to doing full-time student teaching. Students are invited to discuss the program with their major advisor in the Exercise Science Department.

Those who plan to teach on the secondary level should consult with the credential analyst in the Education Department and should become acquainted with the specific requirements for admission to and successful completion of the Secondary Teaching Credential as outlined on page EDUC-06.

**Student Learning Outcomes**

**Students can:**

- Apply the fundamentals of anatomy, kinesiology, physiology, and nutrition as they relate to human performance and in particular within the context of sport.
- Critically analyze and demonstrate an understanding of issues related to safety, injury prevention and treatment, fundamental skill development, and skill adaptations as they relate to the field of human movement and sport.
- Demonstrate an understanding of the principles of health and wellness, ethics in sport, and historical foundations within the field of human movement and sport.
- Demonstrate effective learning pedagogy and management within the field of human movement and sport in a variety of team and individual environments from preschool to the secondary level of education.

**Occupational Information**

**What can I do with this major?**

Students graduating with a major in Physical Education find employment teaching at the elementary, secondary, or college level.

**Additional Education Required?**

Graduates from this program are prepared for undertaking a masters degree program and if successful there, may go on to a doctoral program of their choice.

**Public Sector vs. Denominational**

Graduating from this program enables one to teach physical education in the junior high schools, senior high schools and junior colleges of the state of California. Employment can also be found in Seventh-day Adventist Academies, Junior Academies, Elementary Schools and Colleges.

**Job Outlook**

Numerous graduates have pursued administrative positions in education, such as principles of elementary and secondary schools, as well as departmental chair in college programs. Other job opportunities are available in such areas in the Veterans Administration, State Youth Authority, Athletic Coaching, Sports Officiating, Dean of Men/Women, Physical Therapy and Athletic Trainer.

### General Education Requirements

To view general education requirements for this major, please refer to page A-01, Summary of General Education Requirements: B.S. Degree.

### How to Construct Your Own Program

1. Consult with your academic advisor.
2. Consider your aptitudes, interests, and available courses.
3. Schedule major courses and cognates first.
4. Fill the rest of your schedule with G.E. requirements.
5. For the freshman year include English, Religion, and PE courses. Also include Basic Algebra I+II unless waived by previous work.

### What the Degree Includes

A total of 180 quarter hours including:

1. A minimum of 60 upper division hours.
2. General Education requirements.
3. Major requirements.
4. Minimum 2.0 GPA, overall and major.

### For More Information

Kinesiology and Health Science Department  
Pacific Union College  
One Angwin Avenue  
Angwin, CA 94508  
(707) 965-6636

Visit our website: [puc.edu/academics/departments/kinesiology/](http://puc.edu/academics/departments/kinesiology/)

### Sample Four-Year Program

This sample curriculum is designed to show you how a program may be constructed and to help you select a proper sequence of courses in the major. It is not likely that these courses can always be taken in the order given. Your advisor will help you design a personalized program of studies.

	F	W	S
<b>First Year</b>			
College English I, II	4	4	-
Intro to Communication	-	-	4
Human Anatomy	5	-	-
Human Physiology	-	5	-
Health & Exercise Science Career Pathways	-	2	-
Care & Prevention of Athletic Injuries	-	2	-
Health Education	-	-	3
Religion Courses	3	-	3
General Education/Electives	4	3	6
<b>Second Year</b>			
Exercise Physiology	4	-	-
Nutrition	-	3	-
Intro Physics + Lab (or PHYS 111)	-	-	6
Outdoor Experience	-	-	3
Lifeguard Training	-	-	2
General Education/Core*	12	13	5
<b>Third Year</b>			
Biomechanics	-	-	4
General Education/Core*	16	16	12
<b>Fourth Year</b>			
Sports Psychology and Ethics	4	-	-
Research	-	4	-
T&T of Strength Training	-	-	4
PE for Children	3	-	-
General Education/Core*	9	12	12
<b>*Odd Year Core Courses and Electives</b>			
Theory & Practice of Officiating I, II, III	2	2	1
T&T of Basketball/Volleyball	3	-	-
Motor Learning	-	4	-
T&T of Track & Field/Softball	-	-	3
Management in Exercise Science and Sport	-	-	3
<b>*Even Year Core Courses and Electives</b>			
T&T of Soccer/Flag Football	3	-	-
T&T of Racket Sports	3	-	-
Coaching	-	2	-
T&T of Individual Sports	-	-	3
Intro to Adapted Physical Activity	-	-	3
Water Safety Instructor	-	-	2

\* Courses marked (even) or (odd) are taught in alternate years only. 2025-2026 is even, 2026-2027 is odd.