

Physical Education

LIBERAL STUDIES SPECIALIZATION in PHYSICAL EDUCATION (AY 2010-2011)

Choosing a Specialization

Fill out a **Choice of Specialization** form and submit it to the Liberal Studies office; this will help the University add your specialization to your degree evaluation. When you apply for graduation, write the name of your specialization where the form asks for Emphasis. For help with choosing a specialization, consult the **Specialization Flowchart** or see an adviser.

Prerequisites: DHP-2, and DHP-3 in preparation for the major

Upper Division: 11 units required

1. Foundations and Inquiry: 5 units

- ENS 241A Physical Education for Children-Theory (DHP-1 in pre-major) (1)
- ENS 241B Physical Education for Children-Activities (DHP-1 in pre-major) (1)
- Exercise and Nutritional Sciences 301 Physical Growth and Development (3) [please see a Liberal Studies adviser if the instructor demands extra prerequisites]

2. Depth: 3 units

- Exercise and Nutritional Sciences 335 Basic Movement Skills* (2) OR
- Exercise and Nutritional Sciences 337 Basic Manipulative Skills* (2)

plus

One unit of activity selected from**

- Dance 100 E Beginning Ballet (1)
- Dance 100 I/J Beginning or Intermediate Modern Dance (1)
- Exercise and Nutritional Sciences 102 Conditioning (1)
- Exercise and Nutritional Sciences 104 A/B Weight Training (1)
- Exercise and Nutritional Sciences 108 Basketball (1)
- Exercise and Nutritional Sciences 109 A/B Soccer (1)
- Exercise and Nutritional Sciences 110 Volleyball (1)
- Exercise and Nutritional Sciences 111 A/B Softball (1)
- Exercise and Nutritional Sciences 118 A/B Tennis (1)
- Exercise and Nutritional Sciences 120 Badminton (1)
- Exercise and Nutritional Sciences 130 Step Training (1)
- Exercise and Nutritional Sciences 137 Aerobic Dance (1)
- Exercise and Nutritional Sciences 141 A/B Martial Arts (1)

3. Pedagogy: 3 units

- Exercise and Nutritional Sciences 347A Leadership for Kinesiology (2)
- Exercise and Nutritional Sciences 347B Leadership for Kinesiology Activity (1)

*These classes are offered in alternating semesters.

**These classes might be difficult to find at SDSU; students might want to consider finding an activity class at a JC