

BS in Kinesiology - Option in Exercise Science
Major Requirements Worksheet
2022-2023 Catalog

Name: _____ Student ID: _____

All KIN courses are blocked to declared majors only (not pre-majors) unless otherwise specified in the prerequisites column

| Grade | Course Number & Title (units) | Need to Take | Prerequisites† |
|-------|-------------------------------|--------------|----------------|
|-------|-------------------------------|--------------|----------------|

Complete ALL of the following core courses:

| | | | |
|--|---|--|---|
| | KIN 201: Introduction to Kinesiology (3) | | open to KIN and Pre-KIN majors |
| | KIN 300: Biomechanics of Human Movement (3) GE Area: UD B | | a 'C' or better in BIOL 208 corequisite: KIN 201 |
| | KIN 301: Exercise Physiology (3) | | a 'C' or better in BIOL 207 corequisite: KIN 201 |
| | KIN 312: Motor Control & Learning (3) | | a 'C' or better in all of the following: BIOL 207, BIOL 208 corequisite: KIN 201 |
| | KIN 332: Sociocultural Dimensions of Sport & Human Movement (3) GE Area: Writing Intensive | | GPE score of 11+ or portfolio course; open to Pre-KIN majors; corequisite: KIN 201 |

Complete ALL of the following lower division courses:

| | | | |
|--|---|--|---|
| | BIOL 207: Human Physiology (4) GE Area: B2/B3 | | B4 and one GE A category |
| | BIOL 208: Human Anatomy (4) | | a 'C' or better in one of the following: ART 372, BIOL 201, BIOL 205, BIOL 207, BIOL 212, BIOL 311, CHEM 140, or DANC 261 |
| | CHEM 111A: General Chemistry (5) GE Area: B1/B3 | | appropriate chemistry placement; either a 'C' or better in MATH 112A, or MATH 112B or higher taken concurrently |
| | CHEM 111B: General Chemistry (5) | | a 'C' or better in CHEM 111A and in MATH 112B or higher |
| | KIN 263: Techniques of Physical Fitness (2) | | open to Pre-KIN majors |
| | PHYS 100A: General Physics (4) GE Area: B1/B3 | | MATH 109 or 111 or 112A or 113 or 119A or 122 |
| | PHYS 100B: General Physics (4) | | PHYS 100A or PHYS 151; MATH 109 or 111 or 112A or 113 or 119A or 122 |
| | PSY 100: General Psychology (3) GE Area: D3 | | GE composition ready |
| | ONE (1) of the following options: <input type="checkbox"/> MATH 113 (or higher): Precalculus Algebra (3) GE Area: B4 OR <input type="checkbox"/> MATH 112A: Essential Algebra A (3) GE Area: B4 AND <input type="checkbox"/> MATH 112B: Essential Algebra B (3) | | MATH 113: appropriate math placement MATH 112A: appropriate math placement MATH 112B: a 'C' or better in MATH 112A |

Complete ALL of the following upper division courses:

| | | | |
|-------|--|-------|---|
| | KIN 405: Cardiopulmonary Aspects of Health-Related Exercise Programs (4) | | KIN 301; current First Aid/CPR certification |
| | KIN 430: Motor Control Principles & Theory (3) | | KIN 312 |
| | ONE (1) of the following: <input type="checkbox"/> KIN 431: Scientific Foundations of Locomotion (3) <input type="checkbox"/> KIN 441: Applied Biomechanics: Lifting & Work Capacity (3) <input type="checkbox"/> KIN 442: Biomechanics Laboratory Practicum (3) | | KIN 431: KIN 300, 312 KIN 441: KIN 300 KIN 442: a 'C' or better in KIN 300 |
| | ONE (1) of the following: <input type="checkbox"/> BIOL 260: Biostatistics (3) <input type="checkbox"/> KIN 483: Statistics in Human Movement Science (3) | | BIOL 260: BIOL 201 or 207 or 211; a 'C' or better in MATH 111 or 113 or 119A or 122 KIN 483: KIN 300, 301, 312 |
| _____ | THREE (3) of the following EXSC Upper Division electives: <input type="checkbox"/> KIN 339: Psychology of Sport Behavior & Athletic Performance (3) GE Area: UD D <input type="checkbox"/> KIN 432: Applied Motor Learning (3) <input type="checkbox"/> KIN 462: Advanced Strength & Conditioning (3) <input type="checkbox"/> KIN 465: Clinical Exercise Electrocardiography (3) <input type="checkbox"/> KIN 466: Biochemical & Hormonal Adaptations to Physical Activity (3) | _____ | 339: GE foundations; upper division standing; open to Pre-KIN majors 432: KIN 300, 312; typically fall only 462: KIN 300, 301 465: none 466: KIN 301; CHEM 111A or 112A; upper division standing |

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| Grade | Course Number & Title (units) | Need to Take | Prerequisites† |
|-------|-------------------------------|--------------|----------------|
|-------|-------------------------------|--------------|----------------|

Complete 12 units from the following KIN/other elective courses, with at least 3 units from KIN:

| | | | |
|--|---|--|---|
| | <input type="checkbox"/> BIOL 200: General Biology (4) GE Area: B2/B3 | | B4 and one GE A category |
| | <input type="checkbox"/> BIOL 201: General Microbiology for Health Professionals (4) GE Area: B2/B3 | | a 'C' or better in CHEM 111A or 112A or 140 |
| | <input type="checkbox"/> BIOL 211: Introduction to Evolution & Diversity (5) | | corequisite: CHEM 111A or CHEM 112A |
| | <input type="checkbox"/> BIOL 212: Introduction to Cell & Molecular Biology (4) | | a 'C' or better in BIOL 211 and CHEM 111A or CHEM 112A corequisite: CHEM 111B or CHEM 112B |
| | <input type="checkbox"/> BIOL 213: Introduction to Ecology & Physiology (4) | | a 'C' or better in BIOL 211, 212, CHEM 111B or CHEM 112B |
| | <input type="checkbox"/> CHEM 448: Fundamentals of Biological Chemistry (3) | | a 'C' or better in CHEM 220B or 227 |
| | <input type="checkbox"/> GERN/NUTR 439: Nutrition & Aging (3) | | NUTR 132 or BIOL 207 or BIOL 301 or GERN 400 |
| | <input type="checkbox"/> HSC 150: Medical Terminology (3) | | none |
| | <input type="checkbox"/> KIN 315: Motor Development (3) | | BIOL 207; BIOL 208 |
| | <input type="checkbox"/> KIN 320: Adapted Physical Education (3) | | BIOL 208 |
| | <input type="checkbox"/> KIN 339: Psychology of Sport Behavior & Athletic Performance* (3) GE Area: F-Capstone or UD D | | PSY 100; GE foundations; upper division standing; open to Pre-KIN majors |
| | <input type="checkbox"/> KIN 367: Fitness & the Aging Process (3) | | KIN 300, 301, 312, and 339 |
| | <input type="checkbox"/> KIN 431: Scientific Foundations of Locomotion* (3) | | KIN 300, 312 |
| | <input type="checkbox"/> KIN 432: Applied Motor Learning* (3) | | KIN 300, 312; typically fall only |
| | <input type="checkbox"/> KIN 441: Applied Biomechanics: Lifting & Work Capacity* (3) | | KIN 300 |
| | <input type="checkbox"/> KIN 442: Biomechanics Laboratory Practicum* (3) | | a 'C' or better in KIN 300 |
| | <input type="checkbox"/> KIN 462: Advanced Strength & Conditioning* (3) | | KIN 300, 301 |
| | <input type="checkbox"/> KIN 463: Exercise Physiology Laboratory Practicum (3) | | a 'C' or better in KIN 301 |
| | <input type="checkbox"/> KIN 465: Clinical Exercise Electrocardiography* (3) | | none |
| | <input type="checkbox"/> KIN 466: Biochemical & Hormonal Adaptations to Physical Activity* (3) | | KIN 301; CHEM 111A or 112A |
| | <input type="checkbox"/> KIN 488A: Fundamentals in Sport Training & Research (3) | | a 'C' or better in KIN 300 or 301 or 312; or instructor consent |
| | <input type="checkbox"/> KIN 488B: Advanced Sport Training & Research (3) | | a 'C' or better in KIN 488A |
| | <input type="checkbox"/> KIN 494: Exercise Science Internship (3) | | see catalog; upper division standing; instructor consent |
| | <input type="checkbox"/> KIN 495: Supervised Laboratory Methods (1-3) | | upper division standing; department consent |
| | <input type="checkbox"/> KIN 497: Independent Study (1-3) | | senior standing; department consent |
| | <input type="checkbox"/> NUTR 132: Introductory Nutrition (3) GE Area: B2 or E | | corequisite: one GE foundation course |
| | <input type="checkbox"/> NUTR 331: Nutrition through the Life Cycle (3) | | BIOL 207; NUTR 132; department consent |
| | <input type="checkbox"/> PSY 327: Introduction to Human Factors (3) GE Area: UD D | | GE foundations; upper division standing |
| | <input type="checkbox"/> PSY 370: Abnormal Psychology (3) GE Area: UD D | | PSY 100 |

* if not taken as a major requirement

†Prerequisites are subject to change; consult the University Catalog (www.csulb.edu/catalog) for the most recent updates

✓GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at www.csulb.edu/ge

✓A 'C' or better is required in all courses

✓Total units required for ES option: 83-86