

BS in Kinesiology - Option in Exercise Science
Major Requirements Worksheet
2023-2024 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)	Prerequisites†
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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; KIN 210 or 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; fall only 462: KIN 300, 301 465: none 466: KIN 301; CHEM 111A or 112A; upper division standing

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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"/> BIOL 301: Biology of Human Aging (3)	GE foundations; upper division standing
	<input type="checkbox"/> BIOL 311: General Microbiology (4)	a 'C' or better in BIOL 211, BIOL 212; and either CHEM 111B or CHEM 112B
	<input type="checkbox"/> BIOL 340: Molecular Biology (3)	a 'C' or better in BIOL 211, BIOL 212
	<input type="checkbox"/> BIOL 342: Human/Mammalian Physiology (4)	a 'C' or better in BIOL 211, BIOL 212, BIOL 213
	<input type="checkbox"/> BIOL 345: Comparative Animal Physiology (3)	a 'C' or better in BIOL 211, BIOL 212, BIOL 213
	<input type="checkbox"/> BIOL 443: Endocrinology (3)	a 'C' or better in BIOL 340, BIOL 342 or BIOL 345
	<input type="checkbox"/> CHEM 227: Fundamentals of Organic Chemistry (3)	a 'C' or better in CHEM 111A or 112A; CHEM 111B or CHEM 112B recommended
	<input type="checkbox"/> CHEM 448: Fundamentals of Biological Chemistry (3)	a 'C' or better in CHEM 220B or 227
	<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"/> 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; 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"/> PSY 327: Introduction to Human Factors (3) GE Area: UD D	GE foundations; one exploration course; upper division standing
	<input type="checkbox"/> PSY 370: Abnormal Psychology (3) GE Area: UD D	PSY 100

†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