BS in Kinesiology - *Option in Sport Psychology & Leadership*
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† |
|---|---|---|
| **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*<br>*corequisite: KIN 201* |
| | KIN 301: Exercise Physiology (3) | *a 'C' or better in BIOL 207*<br>*corequisite: KIN 201* |
| | KIN 312: Motor Control & Learning (3) | *a 'C' or better in all of the following: BIOL 207, BIOL 208*<br>*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;*<br>*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* |
| | NUTR 132: Introductory Nutrition (3) **GE Area: B2 or E** | *corequisite: one GE foundation course* |
| | KIN 263: Techniques of Physical Fitness (2) | *open to Pre-KIN majors* |
| | PSY 100: General Psychology (3) **GE Area: D3** | *GE composition ready* |
| | **ONE (1)** of the following:<br>□ HDEV 190/PSY 110/SOC 170: Elementary Statistics (4) **GE Area: B4**<br>□ STAT 108: Statistics for Everyday Life (3) **GE Area: B4**<br>□ STAT 118: Introductory Business Statistics (3) **GE Area: B4** | *appropriate math placement* |

**Complete 3 units from the following physical activity courses:**

| Grade | Course Number & Title (units) | Grade | Course Number & Title (units) |
|---|---|---|---|
| | □ KIN 100A: Archery* (1) | | □ KIN 161A: Basketball (1) |
| | □ KIN 102A: Badminton (1) | | □ KIN 162A: Beach Volleyball (1) |
| | □ KIN 104A: Bowling* (1) | | □ KIN 165A: Flag Football (1) |
| | □ KIN 106A: Fencing-Foil (1) | | □ KIN 166: Rugby (1) |
| | □ KIN 107A: Fencing-Sabre (1) | | □ KIN 167A: Soccer (1) |
| | □ KIN 108A: Golf (1) | | □ KIN 168A: Ultimate Frisbee (1) |
| | □ KIN 109A: Fitness Walking (1) | | □ KIN 169A: Softball (1) |
| | □ KIN 112A: Racquetball (1) | | □ KIN 172A: Volleyball - *beginning* (1) |
| | □ KIN 114A: Tennis - *beginning* (1) | | □ KIN 172B: Volleyball - *intermediate* (1) |
| | □ KIN 114B: Tennis - *intermediate* (1) | | □ KIN 172C: Volleyball - *advanced* (1) |
| | □ KIN 115A: Table Tennis (1) | | □ KIN 183A: Recreational Dance Workshop (1) |
| | □ KIN 124A: Surfing (1) | | □ KIN 185: Social Dance (1) |
| | □ KIN 125A: Swimming (1) | | □ KIN 187: Swing Dancing (1) |
| | □ KIN 126A: Swimming Conditioning (1) | | □ KIN 188: Salsa (1) |
| | □ KIN 127A: Aqua Aerobics (1) | | □ KIN 189: Country Dancing (1) |
| | □ KIN 142: Group Exercise: Cardio (1) | | □ KIN 198F: Dance Conditioning (1) |
| | □ KIN 142B: Group Exercise: Bootcamp (1) | | □ KIN 198G: Tai Chi Chuan (1) |
| | □ KIN 143: Individual Conditioning (1) | | □ KIN 198H: Chinese Sword Combat for Sport (1) |
| | □ KIN 146A: Jogging (1) | | □ KIN 198J: Mat Pilates Level I (1) |
| | □ KIN 148A: Karate (1) | | □ KIN 198K: Kung Fu (1) |
| | □ KIN 149A: Self Defense (1) | | □ KIN 198L: Stretch & Relaxation (1) |
| | □ KIN 151A: Weight Training & Conditioning (1) | | □ KIN 198M: Pickleball (1) |
| | □ KIN 152A: Yoga (1) | | |
| | □ KIN 152C: Yoga II (1) | | **course fee may be required* |

**Complete ALL of the following upper division courses:**

| | | |
|---|---|---|
| | KIN 335: Historical & Cultural Foundations of Sport & Kinesiology in America (3) | *upper division standing* |
| | KIN 338: Women in Sport (3) **GE Area: UD D** | *GE foundations; upper division standing*<br>*open to Pre-KIN majors* |
| | KIN 339: Psychology of Sport Behavior & Athletic Performance (3) **GE Area: UD D** | *GE foundations; upper division standing*<br>*open to Pre-KIN majors* |
| | KIN 472: Applied Sport Psychology (3) | *KIN 339* |
| | KIN 475: Psychology of Coaching (3) | *KIN 339* |
| | KIN 478: Psychological Aspects of Exercise & Fitness (3) | *KIN 300, 301, 312, and 339* |
| | PSY 356: Personality (3) **GE Area: UD D** | *PSY 100* |

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

**Choose & complete ONE concentration**

□ ***Concentration in Sport Psychology: Complete 12* units from the following courses:***
****At least 6 units must be upper division; at least 3 units must be from KIN; at least 6 units must be from PSY***

| | | |
|---|---|---|
| | □ ANTH 353: Health & Healing (3) | *none* |
| | □ ANTH 412: Culture & Communication (3) **GE Area: UD D** | *none* |
| | □ HSC 227: Drugs & Health (3) **GE Area: E** | *GE area A completion* |
| | □ KIN 156: Sports Appreciation (3) **GE Area: D3** | *corequisite: one GE foundation course*<br>*open to Pre-KIN majors* |
| | □ KIN 210: Advanced Emergency Care (3) | *open to Pre-KIN majors* |
| | □ KIN 315: Motor Development (3) | *BIOL 207; BIOL 208* |
| | □ KIN 488A: Fundamentals in Sport Training & Research (3) | *a 'C' or better in KIN 300 or 301 or 312; instructor consent* |
| | □ KIN 488B: Advanced Sport Training & Research (3) | *a 'C' or better in KIN 488A* |
| | □ KIN 489B: Fieldwork in Athletic Coaching (3) | *completion of KIN major coursework; department consent* |
| | □ KIN 497: Independent Study (1-3) | *senior standing; department consent* |
| | □ PSY 220: Research Methods (4) | *GE A2 course; PSY 100; a 'C' or better in PSY 110 or SOC 170 or HDEV 190* |
| | □ PSY 241: Psychobiology (3) **GE Area: B2** | *GE A2 course; PSY 100* |
| | □ PSY 332: Human Cognition (3) | *PSY 100, 220, 241* |
| | □ PSY 333: Psychology of Learning (3) | *PSY 100, 220, 241* |
| | □ PSY 336: Psychology of Emotion (3) | *PSY 100, 220, 241* |
| | □ PSY 351: Social Psychology (3) **GE Area: UD D** | *PSY 100* |
| | □ PSY 370: Abnormal Psychology (3) **GE Area: UD D** | *PSY 100* |
| | □ PSY 373: Introduction to Clinical Psychology (3) | *PSY 100, 370* |
| | □ PSY 378: Health Psychology (3) **GE Area: UD B** | *PSY 100; completion of at least 60 units* |

□ ***Concentration in Leadership: Complete 12* units from the following courses:***
****At least 6 units must be upper division; at least 3 units must be from KIN***

| | | |
|---|---|---|
| | □ ANTH 353: Health & Healing (3) | *none* |
| | □ ANTH 412: Culture & Communication (3) **GE Area: UD D** | *none* |
| | □ CBA 400/PHIL 400: Business Ethics (3) **GE Area: UD C or UD D** | *GE foundations; one exploration course; upper division standing* |
| | □ COMM 306: Communication Theory (3) | *none* |
| | □ COMM 335: Persuasive Speaking (3) | *GE foundations* |
| | □ COMM 411: Interpersonal Conflict Resolution (3) | *GE foundations; one exploration course; upper division standing* |
| | □ HSC 227: Drugs & Health (3) **GE Area: E** | *GE area A completion* |
| | □ KIN 156: Sports Appreciation (3) **GE Area: D3** | *corequisite: one GE foundation course*<br>*open to Pre-KIN majors* |
| | □ KIN 210: Advanced Emergency Care (3) | *open to Pre-KIN majors* |
| | □ KIN 488A: Fundamentals in Sport Training & Research (3) | *a 'C' or better in KIN 300, 301, or 312; instructor consent* |
| | □ KIN 488B: Advanced Sport Training & Research (3) | *a 'C' or better in KIN 488A* |
| | □ KIN 489B: Fieldwork in Athletic Coaching (1-3) | *completion of KIN major coursework; department consent* |
| | □ KIN 497: Independent Study (1-3) | *senior standing; department consent* |
| | □ PSY 351: Social Psychology (3) **GE Area: UD D** | *PSY 100* |
| | □ PSY 453: Principles of Group Dynamics (3) | *PSY 301, PSY 351;* ***Spring only*** |
| | □ REC 321: Leadership in Recreation & Leisure Studies (3) | *none* |
| | □ REC 322: Recreational Sports Supervision (3) | *none* |
| | □ REC 324: Campus Recreation Services (3) | *none* |
| | □ REC 340: Leisure in Contemporary Society (3) **GE Area: UD D** | *GE foundations; one exploration course; upper division standing* |
| | □ REC 427: Legal Aspects of Leisure Services (3) | *REC 325* |

*†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 SPL option: 70-71***