

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

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

	BIOL 207: Human Physiology (4) <b>GE Area: B2/B3</b>	<i>B4 and one GE A category</i>
	BIOL 208: Human Anatomy (4)	<i>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</i>
	NUTR 132: Introductory Nutrition (3) <b>GE Area: B2 or E</b>	<i>corequisite: one GE foundation course</i>
	PSY 100: General Psychology (3) <b>GE Area: D3</b>	<i>GE composition ready</i>
	KIN 218: Professional Development in the Fitness Industry (2)	<i>open to Pre-KIN: FIT majors</i>
	KIN 263: Techniques of Physical Fitness (2)	<i>open to Pre-KIN majors</i>
	<b>ONE (1) of the following:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> HDEV 190/PSY 110/SOC 170 Elementary Statistics (4) <b>GE Area: B4</b></li> <li><input type="checkbox"/> STAT 108: Statistics for Everyday Life (3) <b>GE Area: B4</b></li> <li><input type="checkbox"/> STAT 118: Introductory Business Statistics (3) <b>GE Area: B4</b></li> </ul>	<i>appropriate math placement</i>

**Complete 4 units from the following physical activity courses:**

Grade	Course Number & Title (units)	Grade	Course Number & Title (units)
	<input type="checkbox"/> KIN 100A: Archery* (1)		<input type="checkbox"/> KIN 151A: Weight Training & Conditioning (1)
	<input type="checkbox"/> KIN 102A: Badminton (1)		<input type="checkbox"/> KIN 152A: Yoga (1)
	<input type="checkbox"/> KIN 104A: Bowling* (1)		<input type="checkbox"/> KIN 152C: Yoga II (1)
	<input type="checkbox"/> KIN 106A: Fencing-Foil (1)		<input type="checkbox"/> KIN 161A: Basketball (1)
	<input type="checkbox"/> KIN 108A: Golf (1)		<input type="checkbox"/> KIN 162A: Beach Volleyball (1)
	<input type="checkbox"/> KIN 109A: Fitness Walking (1)		<input type="checkbox"/> KIN 165A: Flag Football (1)
	<input type="checkbox"/> KIN 114A: Tennis - <i>beginning</i> (1)		<input type="checkbox"/> KIN 167A: Soccer (1)
	<input type="checkbox"/> KIN 114B: Tennis - <i>intermediate</i> (1)		<input type="checkbox"/> KIN 168A: Ultimate Frisbee (1)
	<input type="checkbox"/> KIN 115A: Table Tennis (1)		<input type="checkbox"/> KIN 169A: Softball (1)
	<input type="checkbox"/> KIN 124A: Surfing (1)		<input type="checkbox"/> KIN 172A: Volleyball - <i>beginning</i> (1)
	<input type="checkbox"/> KIN 125A: Swimming (1)		<input type="checkbox"/> KIN 172B: Volleyball - <i>intermediate</i> (1)
	<input type="checkbox"/> KIN 126A: Swimming Conditioning (1)		<input type="checkbox"/> KIN 183A: Recreational Dance Workshop (1)
	<input type="checkbox"/> KIN 127A: Aqua Aerobics (1)		<input type="checkbox"/> KIN 185: Social Dance (1)
	<input type="checkbox"/> KIN 142: Group Exercise: Cardio (1)		<input type="checkbox"/> KIN 187: Swing Dancing (1)
	<input type="checkbox"/> KIN 142B: Group Exercise: Bootcamp (1)		<input type="checkbox"/> KIN 188: Salsa (1)
	<input type="checkbox"/> KIN 143: Individual Conditioning (1)		<input type="checkbox"/> KIN 189: Country Dancing (1)
	<input type="checkbox"/> KIN 146A: Jogging (1)		<input type="checkbox"/> KIN 198J: Mat Pilates Level I (1)
	<input type="checkbox"/> KIN 148A: Karate (1)		<input type="checkbox"/> KIN 198L: Stretch & Relaxation (1)
	<input type="checkbox"/> KIN 149A: Self Defense (1)		

*\*course fee may be required*

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

	KIN 339: Psychology of Sport Behavior & Athletic Performance (3) <b>GE Area: UD D</b>	GE Foundations; upper division standing open to Pre-KIN majors
	KIN 363: Theory & Analysis of Group Fitness Instruction (2)	KIN 263
	KIN 364: Fitness for Adult Populations with Unique Health Considerations (3)	KIN 301
	KIN 367: Fitness & the Aging Process (3)	KIN 300, 301, 312, and 339
	KIN 368: Resistance Training for Fitness (3)	KIN 300, 301
	KIN 410: Corrective Exercise Training in Fitness (3)	KIN 368
	KIN 411: Advanced Program Design for Fitness & Performance (3)	KIN 368, 467
	KIN 412: Fitness & Wellness Coaching (3)	KIN 339
	KIN 467: Advanced Topics in Fitness & Wellness (3)	KIN 368
	KIN 468: Nutrition for Exercise & Performance (3)	NUTR 132; KIN 301
	KIN 469: Fitness Management (3)	KIN 363, 368; <b>spring only</b>
	KIN 489D: Fieldwork in Fitness (3)	150 hours in a commercial fitness setting; 150 hours in a special populations setting; 50 hours of approved fitness experience; department consent current CPR, AED, & First Aid certifications; see catalog for full details corequisite: KIN 467

**Complete 6 units from the following FIT elective courses:**

<input type="checkbox"/>	AT 207: Prevention & Care of Athletic Injuries (3)	not open for credit to students with credit in KIN 207 and ATEP 207
<input type="checkbox"/>	GERN 439/NUTR 439: Nutrition and Aging (3)	NUTR 132 or BIOL 207 or BIOL 301 or GERN 400
<input type="checkbox"/>	KIN 462: Advanced Strength & Conditioning (3)	KIN 300, 301
<input type="checkbox"/>	KIN 478: Psychological Aspects of Exercise & Fitness (3)	KIN 300, 301, 312, and 339
<input type="checkbox"/>	KIN 487: Supervised Activity Instruction Experience (1-3)	KIN 363, KIN 368

†Prerequisites are subject to change; consult the University Catalog ([www.csulb.edu/catalog](http://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](http://www.csulb.edu/ge)

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

✓Total units required for FIT option: 81-82