

BS in Kinesiology - *Option in Fitness*
Degree Progress Rules Worksheet
2023-2024 Catalog

→ You must have a minimum **3.0 overall GPA** in order to declare the Fitness option.

→ **Highlighted** courses must be completed with a **minimum 2.5 GPA**.

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

ALL Major Specific Requirements need to be completed by 60 credits in order to declare major:

	Any GE Foundation A1: Oral Communication course (3)	none
	Any GE Foundation A2: Written Communication course (3)	appropriate English placement
	Any GE Foundation A3: Critical Thinking course (3)	see catalog
	ONE (1) of the following:* <input type="checkbox"/> HDEV 190/PSY 110/SOC 170: Elementary Statistics (4) GE AREA: B4 - foundation <input type="checkbox"/> STAT 108: Statistics for Everyday Life (3) GE AREA: B4 - foundation <input type="checkbox"/> STAT 118: Introductory Business Statistics (3) GE AREA: B4 - foundation	appropriate math placement
	KIN 201: Introduction to Kinesiology (3)*	open to KIN and Pre-KIN majors only
	BIOL 207: Human Physiology (4)* GE AREA: B2/B3	GE B4 & at least one GE A category (A1 or A2 or A3)
	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, DANC 261, or MICR 200
	NUTR 132: Introductory Nutrition (3) GE AREA: B2 or E	one GE foundation course (corequisite)

Optional Major courses that can be taken as a pre-major:

	PSY 100: General Psychology (3) GE AREA: D3	GE composition ready
	KIN 218: Professional Development in the Fitness Industry (2)	open to KIN and Pre-KIN Fitness majors only
	KIN 263: Techniques of Physical Fitness (2)	open to KIN and Pre-KIN majors only
	AT 207: Prevention and Care of Athletic Injuries (3)	none

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

*Courses must be completed with a minimum 2.5 GPA

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

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