

BS in Kinesiology - *Option in Fitness*  
Degree Progress Rules Worksheet  
2022-2023 Catalog

Grade	Course Number & Title (units)	Prerequisites†
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**First Year Milestones (must be completed by Spring 2023)**

	Any GE Foundation A1: Oral Communication course (3)	<i>none</i>
	Any GE Foundation A2: Written Communication course (3)	<i>appropriate English placement</i>
	Any GE Foundation A3: Critical Thinking course (3)	<i>see catalog</i>
	<b>ONE (1) of the following:*</b> <input type="checkbox"/> HDEV 190: Elementary Statistics (4) GE AREA: B4 - foundation <input type="checkbox"/> PSY 110: Elementary Statistics (4) GE AREA: B4 - foundation <input type="checkbox"/> 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	<i>appropriate math placement</i>
	First year Milestone 2.8 GPA	<i>Required by the end of spring 2023</i>

**Second year Milestones (must be completed by Spring 2024)**

	KIN 201: Introduction to Kinesiology (3)*	<i>open to KIN and Pre-KIN majors only</i>
	BIOL 207: Human Physiology (4)* GE AREA: B2/B3	<i>GE B4 &amp; at least one GE A category (A1 or A2 or A3)</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, DANC 261, or MICR 200</i>
	NUTR 132: Introductory Nutrition (3) GE AREA: B2 or E	<i>one GE foundation course (corequisite)</i>
→ 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.		

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

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

†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)