

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

Name: _____ Student ID: _____

- You must have a minimum 3.0 overall GPA in order to declare the Fitness option.
- Courses marked with an asterisk (*) must be completed with a minimum 2.5 GPA.

Grade	Course Number & Title (units)	Need to Take	Prerequisites†
-------	-------------------------------	--------------	----------------

Complete ALL of the following MSR courses by Spring 2023: (1st year milestones must be completed with a minimum 2.80 GPA)

	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>
	ONE (1) of the following:* <ul style="list-style-type: none"> <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>

Complete ALL of the following MSR courses by Spring 2024: (2nd year milestones)

	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 & 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>

Additional Lower Division major courses:

	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) 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