

BS in Kinesiology - Option in Exercise Science
Major Requirements Worksheet
2025-2026 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 common core courses: 40-46 units

	ONE (1) of the following options: <input type="checkbox"/> MATH 113 (or higher): Precalculus Algebra (3) GE Area: 2 (B4) OR <input type="checkbox"/> MATH 112A: Essential Algebra A (3) GE Area: 2 (B4) AND <input type="checkbox"/> MATH 112B: Essential Algebra B (3)	B4 and one GE A category
	BIOL 207: Human Physiology (4) GE Area: 5B/5C (B2/B3)	GE Area 2 (B4) and one GE Area 1 (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, DANC 261, or MICR 200 or MICR 211
	PSY 100: General Psychology (3) GE Area: 4C (D3)	GE composition ready or 'C' or better in one of the following AFRS 100A, ASAM 100A, CHLS 104A, ENGL 100A or ALI 150 or equivalent
	NUTR 132: Introductory Nutrition (3) GE Area: 5B (B2)	corequisite: one GE foundation course
	KIN 201: Introduction to Kinesiology (3)	open to KIN and Pre-KIN majors
	KIN 263: Techniques of Physical Fitness (2)	open to Pre-KIN majors
	KIN 300: Biomechanics of Human Movement (3) GE Area: 2UD (UD B)	a 'C' or better in BIOL 208 corequisite: KIN 201
	KIN 301: Exercise Physiology (3)	a 'C' or better in BIOL 207 corequisite: KIN 201
	KIN 312: Motor Control & Learning (3)	a 'C' or better in all of the following: BIOL 207, BIOL 208 corequisite: KIN 201
	KIN 332: Sociocultural Dimensions of Sport & Human Movement (3) GE Area: Writing Intensive	open to Pre-KIN majors; exclude Freshman and Sophomores corequisite: KIN 201
	KIN 339: Psychology of Sport Behavior & Athletic Sport Performance (3) GE Area: 4UD (UD D)	GE foundations; upper division standing; open to Pre-KIN majors
	ONE (1) of the following: <input type="checkbox"/> KIN 302: Structural Kinesiology (3) <input type="checkbox"/> KIN 462: Advanced Strength & Conditioning (3)	302: BIOL 208; Open to Pre-KIN majors 462: KIN 300, 301

Complete ALL of the following lower division courses: 9 units

	CHEM 111A: General Chemistry (5) GE Area: 5A/5C (B1/B3)	MATH 112B or higher (can be taken concurrently) and one of the following CHEM 90 or CHEM 102 or CHEM 140 or AP CHEM score of 2 or 3 or department approved measures for CHEM Placement
	PHYS 100A: General Physics (4) GE Area: 5A/5C (B1/B3)	MATH 109 or 111 or 112A or 113 or 115 or 119A or 122

Complete 1 unit from the following physical activity courses: 1 unit

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

*course fee may be required

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Grade	Course Number & Title (units)	Prerequisites†
Complete ALL of the following upper division courses: 22 Units		
	KIN 405: Applied Exercise Physiology in Training & Nutrition for Health & Fitness (4)	KIN 301; KIN 210 or current First Aid/CPR certification
	KIN 430: Motor Control Principles & Theory (3)	KIN 312
	ONE (1) of the following: <input type="checkbox"/> KIN 431: Scientific Foundations of Locomotion (3) <input type="checkbox"/> KIN 441: Applied Biomechanics: Lifting & Work Capacity (3) <input type="checkbox"/> KIN 442: Biomechanics Laboratory Practicum (3)	KIN 431: KIN 300, 312 KIN 441: KIN 300 KIN 442: a 'C' or better in KIN 300
	ONE (1) of the following: <input type="checkbox"/> BIOL 260: Biostatistics (3) <input type="checkbox"/> KIN 483: Statistics in Human Movement Science (3)	BIOL 260: BIOL 201 or 207 or 211 or MICR 200; a 'C' or better in MATH 111 or 113 or 119A or 122 KIN 483: KIN 300, 301, 312
	THREE (3) of the following EXSC Upper Division electives: <input type="checkbox"/> KIN 432: Applied Motor Learning (3) <input type="checkbox"/> KIN 462: Advanced Strength & Conditioning (3) <input type="checkbox"/> KIN 465: Clinical Exercise Electrocardiography (3) <input type="checkbox"/> KIN 466: Biochemical & Hormonal Adaptations to Physical Activity (3)	432: KIN 300, 312; Fall Only 462: KIN 300, 301 465: none 466: KIN 301; CHEM 111A or 112A; upper division standing

Complete 6 units from the following KIN/other elective courses, with at least 3 units from KIN:

<input type="checkbox"/> BIOL 200: General Biology (4) GE Area: 5B/5C (B2/B3)	GE Area 2 (B4) and one GE Area 1 (A) category
<input type="checkbox"/> BIOL 201: General Microbiology for Health Professionals (4) GE Area: 5B/5C (B2/B3)	GE Foundations; a 'C' or better in CHEM 111A or 112A or 140
<input type="checkbox"/> BIOL 211: Introduction to Evolution & Diversity (5)	corequisite: CHEM 111A or CHEM 112A
<input type="checkbox"/> BIOL 212: Introduction to Cell & Molecular Biology (4)	a 'C' or better in BIOL 211 and CHEM 111A or CHEM 112A corequisite: CHEM 111B or CHEM 112B
<input type="checkbox"/> BIOL 213: Introduction to Ecology & Physiology (4)	a 'C' or better in BIOL 211, 212, CHEM 111B or CHEM 112B
<input type="checkbox"/> BIOL 301: Biology of Human Aging (3) GE Area: 2UD (UD B)	GE foundations; upper division standing
<input type="checkbox"/> BIOL 311: General Microbiology (4)	a 'C' or better in BIOL 211, BIOL 212; and either CHEM 111B or CHEM 112B
<input type="checkbox"/> BIOL 340: Molecular Biology (3)	a 'C' or better in BIOL 211, BIOL 212
<input type="checkbox"/> BIOL 342: Human/Mammalian Physiology (4)	a 'C' or better in BIOL 211, BIOL 212, BIOL 213
<input type="checkbox"/> BIOL 345: Comparative Animal Physiology (3)	a 'C' or better in BIOL 211, BIOL 212, BIOL 213
<input type="checkbox"/> BIOL 443: Endocrinology (3)	a 'C' or better in BIOL 340; BIOL 342 or BIOL 345
<input type="checkbox"/> CHEM 227: Fundamentals of Organic Chemistry (3)	a 'C' or better in CHEM 111A or 112A; CHEM 111B or CHEM 112B recommended
<input type="checkbox"/> CHEM 448: Fundamentals of Biological Chemistry (3)	a 'C' or better in CHEM 220B or 227
<input type="checkbox"/> NUTR 331: Nutrition through the Life Cycle (3)	BIOL 207; NUTR 132; department consent
<input type="checkbox"/> GERN/NUTR 439: Nutrition & Aging (3)	NUTR 132 or BIOL 207 or BIOL 301 or GERN 400
<input type="checkbox"/> HSC 150: Medical Terminology (3)	none
<input type="checkbox"/> KIN 315: Motor Development (3)	BIOL 207; BIOL 208
<input type="checkbox"/> KIN 320: Adapted Physical Education (3)	BIOL 208
<input type="checkbox"/> KIN 364: Fit Adult Population Unique Health Considerations (3)	KIN 301; department consent
<input type="checkbox"/> KIN 367: Fitness & the Aging Process (3)	KIN 300, 301, 312, and 339
<input type="checkbox"/> KIN 431: Scientific Foundations of Locomotion* (3)	KIN 300, 312
<input type="checkbox"/> KIN 432: Applied Motor Learning* (3)	KIN 300, 312; Fall Only
<input type="checkbox"/> KIN 441: Applied Biomechanics: Lifting & Work Capacity* (3)	KIN 300
<input type="checkbox"/> KIN 442: Biomechanics Laboratory Practicum* (3)	a 'C' or better in KIN 300
<input type="checkbox"/> KIN 463: Exercise Physiology Laboratory Practicum (3)	a 'C' or better in KIN 301
<input type="checkbox"/> KIN 465: Clinical Exercise Electrocardiography* (3)	none
<input type="checkbox"/> KIN 466: Biochemical & Hormonal Adaptations to Physical Activity* (3)	KIN 301; CHEM 111A or 112A
<input type="checkbox"/> KIN 488A: Fundamentals in Sport Training & Research (3)	a 'C' or better in KIN 300 or 301 or 312; instructor consent; Periodically offered
<input type="checkbox"/> KIN 488B: Advanced Sport Training & Research (3)	a 'C' or better in KIN 488A; Periodically offered
<input type="checkbox"/> KIN 494: Exercise Science Internship (3)	see catalog; upper division standing; instructor consent
<input type="checkbox"/> KIN 495: Supervised Laboratory Methods (1-3)	upper division standing; department consent
<input type="checkbox"/> KIN 497: Independent Study (1-3)	senior standing; department consent
<input type="checkbox"/> PSY 327: Introduction to Human Factors (3) GE Area: 4UD (UD D)	GE foundations; one exploration course; upper division standing
<input type="checkbox"/> PSY 370: Abnormal Psychology (3) GE Area: 4UD (UD D)	PSY 100

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

* These courses may only be taken as an elective course if not used for upper-division required course

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

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

✓ Total units required for EXSC option: 78-81