

BS in Kinesiology - *Option in Fitness*
Lower Division Worksheet
2025-2026 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†
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ALL Major Specific Degree Requirements need to be completed by 60 credits in order to declare major:

	Any GE Foundation 1A: English Composition course (3)	<i>appropriate English placement</i>
	Any GE Foundation 1B: Critical Thinking course (3)	<i>see catalog</i>
	Any GE Foundation 1C: Oral Communication course (3)	<i>none</i>
	ONE (1) of the following:* ☐ HDEV 190/PSY 110/SOC 170: Elementary Statistics (4) GE AREA: 2 - foundation ☐ STAT 108: Statistics for Everyday Life (3) GE AREA: 2 - foundation ☐ STAT 118: Introductory Business Statistics (3) GE AREA: 2 - foundation ☐ MATH 113: Precalculus Algebra (3) GE AREA: 2 - foundation	<i>appropriate math placement</i>
	KIN 201: Introduction to Kinesiology (3)*	<i>open to KIN and Pre-KIN majors only</i>
	BIOL 207: Human Physiology (4)* GE AREA: 5B/5C	<i>GE 2 & at least one GE 1 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, DANC 261, or MICR 200</i>
	NUTR 132: Introductory Nutrition (3) GE AREA: 5B	<i>one GE foundation course (corequisite)</i>

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

	PSY 100: General Psychology (3) GE AREA: 4C	<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>
	AT 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

*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 <https://www.csulb.edu/student-records/fall-2025-ge-requirements>

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