BS in Kinesiology - *Option in Exercise Science*
Major Requirements Worksheet
*2026-2027 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† |
|---|---|---|
| **Complete ALL of the following common core courses:** | | **34 units** |
| | 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/5UD** | *a 'C' or better in BIOL 208*<br>*corequisite: KIN 201* |
| | KIN 301: Exercise Physiology (3) | *a 'C' or better in BIOL 207*<br>*corequisite: KIN 201* |
| | KIN 312: Motor Control & Learning (3) | *a 'C' or better in all of the following: BIOL 207, BIOL 208*<br>*corequisite: KIN 201* |
| | KIN 332: Sociocultural Dimensions of Sport & Human Movement (3) **GE Area: GWAR Writing Intensive** | *open to Pre-KIN majors; exclude Freshman and Sophomores*<br>*corequisite: KIN 201* |
| | KIN 339: Psychology of Sport Behavior & Athletic Performance (3) **GE Area: 4UD** | *GE foundations; upper division standing; open to Pre-KIN majors* |
| | BIOL 207: Human Physiology (4) **GE Area: 5B/5C** | *GE Area 2 and one GE Area 1 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, or DANC 261* |
| | PSY 100: General Psychology (3) **GE Area: 4C** | *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** | *corequisite: one GE foundation course* |

**Complete ALL of the following lower division courses:** **12-13 units**

| | | |
|---|---|---|
| | CHEM 111A: General Chemistry (5) **GE Area: 5A/5C** | *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** | *MATH 111 or higher* |
| | **ONE (1)** of the following:<br>□ HDEV 190/PSY 110/SOC 170 Elementary Statistics (4) **GE Area: 2**<br>□ STAT 108: Statistics for Everyday Life (3) **GE Area: 2**<br>□ STAT 118: Introductory Business Statistics (3) **GE Area: 2**<br>□ MATH 113: Precalculus Algebra (3) **GE Area: 2** | *appropriate math placement* |

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

| Grade | Course Number & Title (units) | Grade | Course Number & Title (units) |
|---|---|---|---|
| | □ KIN 100A: Archery* (1) | | □ KIN 157: Fitness for Living (3) |
| | □ KIN 102A: Badminton (1) | | □ KIN 161A: Basketball (1) |
| | □ KIN 104A: Bowling* (1) | | □ KIN 162A: Beach Volleyball (1) |
| | □ KIN 106A: Fencing-Foil (1) | | □ KIN 165A: Flag Football (1) |
| | □ KIN 107A: Fencing-Sabre (1) | | □ KIN 166: Rugby (1) |
| | □ KIN 108A: Golf (1) | | □ KIN 167A: Soccer (1) |
| | □ KIN 109A: Fitness Walking (1) | | □ KIN 168A: Ultimate Frisbee (1) |
| | □ KIN 112A: Racquetball (1) | | □ KIN 169A: Softball (1) |
| | □ KIN 114A: Tennis - *beginning* (1) | | □ KIN 172A: Volleyball - *beginning* (1) |
| | □ KIN 114B: Tennis - *intermediate* (1) | | □ KIN 172B: Volleyball - *intermediate* (1) |
| | □ KIN 115A: Table Tennis (1) | | □ KIN 172C: Volleyball - *advanced* (1) |
| | □ KIN 124A: Surfing (1) | | □ KIN 183A: Recreational Dance Workshop (1) |
| | □ KIN 125A: Swimming (1) | | □ KIN 185: Social Dance (1) |
| | □ KIN 126A: Swimming Conditioning (1) | | □ KIN 187: Swing Dancing (1) |
| | □ KIN 127A: Aqua Aerobics (1) | | □ KIN 188: Salsa (1) |
| | □ KIN 142: Group Exercise: Cardio (1) | | □ KIN 189: Country Dancing (1) |
| | □ KIN 142B: Group Exercise: Bootcamp (1) | | □ KIN 198F: Group Exercise: Dance Conditioning (1) |
| | □ KIN 143: Individual Conditioning (1) | | □ KIN 198G: Tai Chi Chuan (1) |
| | □ KIN 146A: Jogging (1) | | □ KIN 198H: Chinese Sword Combat for Sport (1) |
| | □ KIN 148A: Karate (1) | | □ KIN 198J: Mat Pilates Level I (1) |
| | □ KIN 149A: Self Defense (1) | | □ KIN 198K: Kung Fu (1) |
| | □ KIN 151A: Weight Training & Conditioning (1) | | □ KIN 198L: Stretch & Relaxation (1) |
| | □ KIN 152A: Yoga (1) | | □ KIN 198M: Pickleball (1) |
| | □ KIN 156: Sports Appreciation (3) | | **course fee may be required* |

BS in Kinesiology - *Option in Exercise Science*
Major Requirements Worksheet
*2026-2027 Catalog*

***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† |
|---|---|---|
| **Complete ALL of the following upper division courses:** | **25 Units** | |
| | KIN 405: Applied Exercise Physiology in Training & Nutrition for Health & Fitness (4) | *KIN 301* |
| | KIN 430: Motor Control Principles & Theory (3) | *KIN 312* |
| | **ONE (1) of the following:**<br>□ KIN 431: Scientific Foundations of Locomotion (3)<br>□ KIN 441: Applied Biomechanics: Lifting & Work Capacity (3)<br>□ KIN 442: Biomechanics Laboratory Practicum (3) | ***KIN 431:*** *KIN 300, 312*<br>***KIN 441:*** *KIN 300*<br>***KIN 442:*** *a 'C' or better in KIN 300;* ***Periodically offered*** |
| | **ONE (1) of the following:**<br>□ BIOL 260: Biostatistics (3)<br>□ KIN 483: Statistics in Human Movement Science (3) | ***BIOL 260:*** *BIOL 201 or 207 or 211; a 'C' or better in MATH 111 or 112B or 113 or 119A or 122*<br>***KIN 483:*** *exclude freshman; please see CHHS advising for a permit for this course* |
| | **ONE (1) of the following:**<br>□ KIN 302: Structural Kinesiology (3)<br>□ KIN 462: Advanced Strength & Conditioning (3) | ***302:*** *BIOL 208; Open to Pre-KIN majors; Freshman exculded*<br>***462:*** *KIN 300, 301* |
| _____<br>_____<br>_____ | **THREE (3) of the following EXSC Upper Divison electives:**<br>□ KIN 432: Applied Motor Learning (3)<br>□ KIN 462: Advanced Strength & Conditioning (3)*<br>□ KIN 465: Clinical Exercise Electrocardiography (3)<br>□ KIN 466: Biochemical & Hormonal Adaptations to Physical Activity (3) | ***432:*** *KIN 300, 312*<br>***462:*** *KIN 300, 301*<br>***465:*** *none*<br>***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:*** | | |
| | □ BIOL 200: General Biology (4) **GE Area: 5B/5C** | *GE Area 2 and one GE Area 1 category* |
| | □ BIOL 201: General Microbiology for Health Professionals (4) **GE Area: 5B/5C** | *GE Foundations; a 'C' or better in CHEM 111A or CHEM 140* |
| | □ BIOL 211: Introduction to Evolution & Diversity (4) | *corequisite: CHEM 111A or CHEM 112A* |
| | □ BIOL 212: Introduction to Cell & Molecular Biology (4) | *a 'C' or better in BIOL 211 and CHEM 111A or CHEM 112A*<br>*corequisite: CHEM 111B or CHEM 112B* |
| | □ BIOL 213: Introduction to Ecology & Physiology (4) | *a 'C' or better in BIOL 211, 212, CHEM 111B or CHEM 112B* |
| | □ BIOL 301: Biology of Human Aging (3) **GE Area: 2UD/5UD** | *GE foundations; upper division standing* |
| | □ BIOL 311: General Microbiology (4) | *a 'C' or better in BIOL 211, BIOL 212; and either CHEM 111B or CHEM 112B* |
| | □ BIOL 340: Molecular Cell Biology (3) | *a 'C' or better in BIOL 211, BIOL 212* |
| | □ BIOL 342: Human/Mammalian Physiology (3) | *a 'C' or better in BIOL 211, BIOL 212, BIOL 213* |
| | □ BIOL 345: Comparative Animal Physiology (3) | *a 'C' or better in BIOL 211, BIOL 212, BIOL 213* |
| | □ BIOL 443: Endocrinology (3) | *a 'C' or better in BIOL 340; BIOL 342 or BIOL 345* |
| | □ CHEM 227: Fundamentals of Organic Chemistry (3) | *a 'C' or better in CHEM 111A or 112A; CHEM 111B or CHEM 112B recommended* |
| _____ | □ CHEM 448: Fundamentals of Biological Chemistry (3) | *a 'C' or better in CHEM 220B or 227* |
| | □ NUTR 331: Nutrition through the Life Cycle (3) | *BIOL 207; NUTR 132; department consent* |
| | □ GERN/NUTR 439: Nutrition & Aging (3) | *NUTR 132 or BIOL 207 or BIOL 301 or GERN 400* |
| | □ HSC 150: Medical Terminology (3) | *none* |
| | □ KIN 315: Motor Development (3) | *BIOL 207; BIOL 208* |
| | □ KIN 320: Adapted Physical Activity (3) | *BIOL 208* |
| | □ KIN 364: Fit Adult Population Unique Health Considerations (3) | *KIN 301; department consent* |
| _____ | □ KIN 367: Fitness & the Aging Process (3) | *KIN 300, 301* |
| | □ KIN 431: Scientific Foundations of Locomotion* (3) | *KIN 300, 312* |
| | □ KIN 432: Applied Motor Learning* (3) | *KIN 300, 312;* ***Fall Only*** |
| | □ KIN 441: Applied Biomechanics: Lifting & Work Capacity* (3) | *KIN 300* |
| | □ KIN 442: Biomechanics Laboratory Practicum* (3) | *a 'C' or better in KIN 300* |
| | □ KIN 463: Exercise Physiology Laboratory Practicum (3) | *a 'C' or better in KIN 301* |
| | □ KIN 465: Clinical Exercise Electrocardiography* (3) | *none* |
| | □ KIN 466: Biochemical & Hormonal Adaptations to Physical Activity* (3) | *KIN 301; CHEM 111A or 112A* |
| | □ KIN 494: Exercise Science Internship (3) | *see catalog; upper division standing; instructor consent* |
| | □ KIN 495: Supervised Laboratory Methods (1-3) | *upper division standing; department consent* |
| | □ KIN 497: Independent Study (1-3) | *senior standing; department consent* |
| | □ PSY 327: Introduction to Human Factors (3) **GE Area: 4UD** | *GE foundations; one exploration course; upper division standing* |
| | □ PSY 370: Abnormal Psychology (3) **GE Area: 4UD** | *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: 78-79***