BS in Kinesiology - *Option in Fitness*
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* *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: GWAR Writing Intensive**	*open to Pre-KIN majors; exclude Freshman and Sophomores* *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*
	NUTR 132: Introductory Nutrition (3) **GE Area: 5B**	*corequisite: one GE foundation course*
	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*
Complete ALL of the following lower division courses:		**5-6 units**
	KIN 218: Professional Development in the Fitness Industry (2)	*open to Pre-KIN: FIT majors*
	ONE (1) of the following: □ HDEV 190/PSY 110/SOC 170 Elementary Statistics (4) **GE Area: 2** □ STAT 108: Statistics for Everyday Life (3) **GE Area: 2** □ STAT 118: Introductory Business Statistics (3) **GE Area: 2** □ MATH 113: Precalculus Algebra (3) **GE Area: 2**	*appropriate math placement*

Complete 3 different units from the following physical activity courses: 3 Units

Grade	Course Number & Title (units)	Grade	Course Number & Title (units)
	□ KIN 100A: Archery* (1)		□ KIN 151A: Weight Training & Conditioning (1)
	□ KIN 102A: Badminton (1)		□ KIN 152A: Yoga (1)
	□ KIN 104A: Bowling* (1)		□ KIN 152C: Yoga II (1)
	□ KIN 106A: Fencing-Foil (1)		□ KIN 161A: Basketball (1)
	□ KIN 108A: Golf (1)		□ KIN 162A: Beach Volleyball (1)
	□ KIN 109A: Fitness Walking (1)		□ KIN 165A: Flag Football (1)
	□ KIN 114A: Tennis - *beginning* (1)		□ KIN 167A: Soccer (1)
	□ KIN 114B: Tennis - *intermediate* (1)		□ KIN 168A: Ultimate Frisbee (1)
	□ KIN 115A: Table Tennis (1)		□ KIN 169A: Softball (1)
	□ KIN 124A: Surfing (1)		□ KIN 172A: Volleyball - *beginning* (1)
	□ KIN 125A: Swimming (1)		□ KIN 172B: Volleyball - *intermediate* (1)
	□ KIN 126A: Swimming Conditioning (1)		□ KIN 183A: Recreational Dance Workshop (1)
	□ KIN 127A: Aqua Aerobics (1)		□ KIN 185: Social Dance (1)
	□ KIN 142: Group Exercise: Cardio (1)		□ KIN 187: Swing Dancing (1)
	□ KIN 142B: Group Exercise: Bootcamp (1)		□ KIN 188: Salsa (1)
	□ KIN 143: Individual Conditioning (1)		□ KIN 189: Country Dancing (1)
	□ KIN 146A: Jogging (1)		□ KIN 198J: Mat Pilates Level I (1)
	□ KIN 148A: Karate (1)		□ KIN 198L: Stretch & Relaxation (1)
	□ KIN 149A: Self Defense (1)		**course fee may be required*

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Grade	Course Number & Title (units)	Prerequisites†
Complete ALL of the following courses:		**35 Units**
	ONE (1) of the following: □ KIN 302: Structural Kinesiology (3) □ KIN 462: Advanced Strength & Conditioning (3)	***302:*** *BIOL 208; Open to Pre-KIN majors; Freshman exculded* ***462:*** *KIN 300, 301*
	KIN 363: Theory & Analysis of Group Fitness Instruction (2)	*KIN 263*
	KIN 364: Fitness for Adult Populations with Unique Health Considerations (3)	*KIN 301*
	KIN 367: Fitness & the Aging Process (3)	*KIN 300, 301*
	KIN 368: Resistance Training for Fitness (3)	*KIN 300, 301*
	KIN 410: Corrective Exercise Training in Fitness (3)	*KIN 368*
	KIN 411: Advanced Program Design for Fitness & Performance (3)	*KIN 368*
	KIN 412: Fitness & Wellness Coaching (3)	*corequisite: KIN 339*
	KIN 467: Advanced Topics in Fitness & Wellness (3)	*KIN 368*
	KIN 468: Nutrition for Exercise & Performance (3)	*NUTR 132; KIN 301*
	KIN 469: Fitness Management (3)	*KIN 363, 368;* ***Spring only*** *please see CHHS Advising for questions about taking 368 and 469 together*
	KIN 489D: Fieldwork in Fitness (3)	*200 hours in a commercial setting; 200 hours in a special population setting; 100 hours of approved fitness experience; department consent; Red Cross CPR/First Aid/AED certified;* ***see catalog for full details*** *prerequisite/corequisite: KIN 467*
Complete 3 units from the following FIT elective courses:		**3 Units**
	□ AT 207: Prevention & Care of Athletic Injuries (3)	*none; open to Pre-KIN: FIT majors*
	□ GERN 439/NUTR 439: Nutrition and Aging (3)	*NUTR 132 or BIOL 207 or BIOL 301 or GERN 400*
	□ KIN 302: Structural Kinesiology (3)*	*BIOL 208; Open to pre-KIN majors*
	□ KIN 320: Adapted Physical Activity (3)	*BIOL 208*
	□ KIN 462: Advanced Strength & Conditioning (3)*	*KIN 300, 301*
	□ KIN 478: Psychological Aspects of Exercise & Fitness (3)	*KIN 300, 301, 312, and 339*
	□ KIN 487: Supervised Activity Instruction Experience (1-3)	*KIN 363 , KIN 368; instructor consent*

†*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 FIT option: 80-81***