

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†
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Complete **ALL** of the following common core courses:

34 Units

	KIN 201: Introduction to Kinesiology (3)	<i>open to KIN and Pre-KIN majors</i>
	KIN 263: Techniques of Physical Fitness (2)	<i>open to Pre-KIN majors</i>
	KIN 300: Biomechanics of Human Movement (3) GE Area: 2UD/5UD	<i>a 'C' or better in BIOL 208 corequisite: KIN 201</i>
	KIN 301: Exercise Physiology (3)	<i>a 'C' or better in BIOL 207 corequisite: KIN 201</i>
	KIN 312: Motor Control & Learning (3)	<i>a 'C' or better in all of the following: BIOL 207, BIOL 208 corequisite: KIN 201</i>
	KIN 332: Sociocultural Dimensions of Sport & Human Movement (3) GE Area: GVAR Writing Intensive	<i>open to Pre-KIN majors; exclude Freshman and Sophomores corequisite: KIN 201</i>
	KIN 339: Psychology of Sport Behavior & Athletic Performance (3) GE Area: 4UD	<i>GE foundations; upper division standing; open to Pre-KIN majors</i>
	BIOL 207: Human Physiology (4) GE Area: 5B/5C	<i>GE Area 2 and one GE Area 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, or DANC 261</i>
	NUTR 132: Introductory Nutrition (3) GE Area: 5B	<i>corequisite: one GE foundation course</i>
	PSY 100: General Psychology (3) GE Area: 4C	<i>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</i>

Complete **ALL** of the following lower division courses:

5-6 units

	KIN 218: Professional Development in the Fitness Industry (2)	<i>open to Pre-KIN: FIT majors</i>
	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	<i>appropriate math placement</i>

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 - <i>beginning</i> (1)		☐ KIN 167A: Soccer (1)
	☐ KIN 114B: Tennis - <i>intermediate</i> (1)		☐ KIN 168A: Ultimate Frisbee (1)
	☐ KIN 115A: Table Tennis (1)		☐ KIN 169A: Softball (1)
	☐ KIN 124A: Surfing (1)		☐ KIN 172A: Volleyball - <i>beginning</i> (1)
	☐ KIN 125A: Swimming (1)		☐ KIN 172B: Volleyball - <i>intermediate</i> (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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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 excused 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**