BS in Kinesiology - *Option in Sport Psychology Leadership*
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:		**40-41 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*
	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*
	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 units from the following physical activity courses: **3 Units**

Grade	Course Number & Title (units)	Grade	Course Number & Title (units)
	□ KIN 100A: Archery* (1)		□ KIN 161A: Basketball (1)
	□ KIN 102A: Badminton (1)		□ KIN 162A: Beach Volleyball (1)
	□ KIN 104A: Bowling* (1)		□ KIN 165A: Flag Football (1)
	□ KIN 106A: Fencing-Foil (1)		□ KIN 166: Rugby (1)
	□ KIN 107A: Fencing-Sabre (1)		□ KIN 167A: Soccer (1)
	□ KIN 108A: Golf (1)		□ KIN 168A: Ultimate Frisbee (1)
	□ KIN 109A: Fitness Walking (1)		□ KIN 169A: Softball (1)
	□ KIN 112A: Racquetball (1)		□ KIN 172A: Volleyball - *beginning* (1)
	□ KIN 114A: Tennis - *beginning* (1)		□ KIN 172B: Volleyball - *intermediate* (1)
	□ KIN 114B: Tennis - *intermediate* (1)		□ KIN 172C: Volleyball - *advanced* (1)
	□ KIN 115A: Table Tennis (1)		□ KIN 183A: Recreational Dance Workshop (1)
	□ KIN 124A: Surfing (1)		□ KIN 185: Social Dance (1)
	□ KIN 125A: Swimming (1)		□ KIN 187: Swing Dancing (1)
	□ KIN 126A: Swimming Conditioning (1)		□ KIN 188: Salsa (1)
	□ KIN 127A: Aqua Aerobics (1)		□ KIN 189: Country Dancing (1)
	□ KIN 142: Group Exercise: Cardio (1)		□ KIN 198F: Dance Conditioning (1)
	□ KIN 142B: Group Exercise: Bootcamp (1)		□ KIN 198G: Tai Chi Chuan (1)
	□ KIN 143: Individual Conditioning (1)		□ KIN 198H: Chinese Sword Combat for Sport (1)
	□ KIN 146A: Jogging (1)		□ KIN 198J: Mat Pilates Level I (1)
	□ KIN 148A: Karate (1)		□ KIN 198K: Kung Fu (1)
	□ KIN 149A: Self Defense (1)		□ KIN 198L: Stretch & Relaxation (1)
	□ KIN 151A: Weight Training & Conditioning (1)		□ KIN 198M: Pickleball (1)
	□ KIN 152A: Yoga (1)		
	□ 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:		**18 Units**
	KIN 335: Historical & Cultural Foundations of Sport & Kinesiology in America (3)	*upper division standing*
	KIN 338: Women in Sport (3) **GE Area: 4UD**	*GE foundations; one exploration course; upper division standing open to Pre-KIN majors*
	KIN 472: Applied Sport Psychology (3)	*KIN 339*
	KIN 475: Psychology of Coaching (3)	*KIN 339*
	KIN 478: Psychological Aspects of Exercise & Fitness (3)	*KIN 300, 301, 312, and 339*
	ONE (1) of the following: □ PSY 351: Social Psychology (3) **GE Area: 4UD** □ PSY 356: Personality (3) **GE Area: 4UD**	*PSY 100*
Complete 12 units from the following Sport Psychology & Leadership Electives ***At least 6 units must be upper division; at least 3 units must be from KIN**		**12 Units**
	□ KIN 156: Sports Appreciation (3) **GE Area: 4C**	*corequisite: one GE foundation course open to Pre-KIN majors*
	□ KIN 210: Advanced Emergency Care (3)	*open to Pre-KIN majors*
	□ KIN 488A: Fundamentals in Sport Training & Research (3)	*a 'C' or better in KIN 300 or 301 or 312; instructor consent;* ***Periodically offered***
	□ KIN 488B: Advanced Sport Training & Research (3)	*a 'C' or better in KIN 488A;* ***Periodically offered***
	□ KIN 497: Independent Study (1-3)	*senior standing; department consent*
	□ PSY 351: Social Psychology (3)* **GE Area: 4UD**	*PSY 100*
	□ PSY 453: Principles of Group Dynamics (3)	*PSY 301, PSY 351; department consent*
	□ ANTH 353: Health & Healing (3)	*none*
	□ ANTH 412: Culture & Communication (3) **GE Area: 4UD**	*none*
	□ BLAW/PHIL 400: Business Ethics (3) **GE Area: 3UD or 4UD**	*GE foundations; one exploration course*
	□ COMM 306: Communication Theory (3)	*none*
	□ COMM 335: Persuasive Speaking (3)	*GE foundations*
	□ COMM 411: Interpersonal Conflict Resolution (3)	*GE foundations; one exploration course; upper division standing*
	□ GERN/REC 469: Disability, Culture & Society: Issues & Intervention (3)	*none*
	□ HSC 227: Drugs & Health (3)	*GE Area 1 completion*
	□ REC 321: Leadership in Recreation & Leisure Studies (3)	*none;* ***Spring only***
	□ REC 322: Recreational Sports Supervision (3)	*none;* ***Periodically offered***
	□ REC 340: Leisure in Contemporary Society (3) **GE Area: 4UD**	*GE foundations; one exploration course; upper division standing*
	□ REC 437: Equity & Access of Recreation & Leisure (3)	*none*
	□ REC 473: Aging & Leisure (3)	*none*

†*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 SPL option: 73-74***