

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: GVAR 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: <input type="checkbox"/> KIN 302: Structural Kinesiology (3) <input type="checkbox"/> KIN 462: Advanced Strength & Conditioning (3)	302: BIOL 208; Open to Pre-KIN majors; Freshman excluded 462: KIN 300, 301
	ONE (1) of the following: <input type="checkbox"/> HDEV 190/PSY 110/SOC 170 Elementary Statistics (4) GE Area: 2 <input type="checkbox"/> STAT 108: Statistics for Everyday Life (3) GE Area: 2 <input type="checkbox"/> STAT 118: Introductory Business Statistics (3) GE Area: 2 <input type="checkbox"/> 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)
	<input type="checkbox"/> KIN 100A: Archery* (1)		<input type="checkbox"/> KIN 161A: Basketball (1)
	<input type="checkbox"/> KIN 102A: Badminton (1)		<input type="checkbox"/> KIN 162A: Beach Volleyball (1)
	<input type="checkbox"/> KIN 104A: Bowling* (1)		<input type="checkbox"/> KIN 165A: Flag Football (1)
	<input type="checkbox"/> KIN 106A: Fencing-Foil (1)		<input type="checkbox"/> KIN 166: Rugby (1)
	<input type="checkbox"/> KIN 107A: Fencing-Sabre (1)		<input type="checkbox"/> KIN 167A: Soccer (1)
	<input type="checkbox"/> KIN 108A: Golf (1)		<input type="checkbox"/> KIN 168A: Ultimate Frisbee (1)
	<input type="checkbox"/> KIN 109A: Fitness Walking (1)		<input type="checkbox"/> KIN 169A: Softball (1)
	<input type="checkbox"/> KIN 112A: Racquetball (1)		<input type="checkbox"/> KIN 172A: Volleyball - <i>beginning</i> (1)
	<input type="checkbox"/> KIN 114A: Tennis - <i>beginning</i> (1)		<input type="checkbox"/> KIN 172B: Volleyball - <i>intermediate</i> (1)
	<input type="checkbox"/> KIN 114B: Tennis - <i>intermediate</i> (1)		<input type="checkbox"/> KIN 172C: Volleyball - <i>advanced</i> (1)
	<input type="checkbox"/> KIN 115A: Table Tennis (1)		<input type="checkbox"/> KIN 183A: Recreational Dance Workshop (1)
	<input type="checkbox"/> KIN 124A: Surfing (1)		<input type="checkbox"/> KIN 185: Social Dance (1)
	<input type="checkbox"/> KIN 125A: Swimming (1)		<input type="checkbox"/> KIN 187: Swing Dancing (1)
	<input type="checkbox"/> KIN 126A: Swimming Conditioning (1)		<input type="checkbox"/> KIN 188: Salsa (1)
	<input type="checkbox"/> KIN 127A: Aqua Aerobics (1)		<input type="checkbox"/> KIN 189: Country Dancing (1)
	<input type="checkbox"/> KIN 142: Group Exercise: Cardio (1)		<input type="checkbox"/> KIN 198F: Dance Conditioning (1)
	<input type="checkbox"/> KIN 142B: Group Exercise: Bootcamp (1)		<input type="checkbox"/> KIN 198G: Tai Chi Chuan (1)
	<input type="checkbox"/> KIN 143: Individual Conditioning (1)		<input type="checkbox"/> KIN 198H: Chinese Sword Combat for Sport (1)
	<input type="checkbox"/> KIN 146A: Jogging (1)		<input type="checkbox"/> KIN 198J: Mat Pilates Level I (1)
	<input type="checkbox"/> KIN 148A: Karate (1)		<input type="checkbox"/> KIN 198K: Kung Fu (1)
	<input type="checkbox"/> KIN 149A: Self Defense (1)		<input type="checkbox"/> KIN 198L: Stretch & Relaxation (1)
	<input type="checkbox"/> KIN 151A: Weight Training & Conditioning (1)		<input type="checkbox"/> KIN 198M: Pickleball (1)
	<input type="checkbox"/> KIN 152A: Yoga (1)		
	<input type="checkbox"/> KIN 152C: Yoga II (1)		

*course fee may be required

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Grade	Course Number & Title (units)	Prerequisites†
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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: <input type="checkbox"/> PSY 351: Social Psychology (3) GE Area: 4UD <input type="checkbox"/> PSY 356: Personality (3) GE Area: 4UD	PSY 100

Complete 12 units from the following Sport Psychology & Leadership Electives 12 Units

***At least 6 units must be upper division; at least 3 units must be from KIN**

	<input type="checkbox"/> KIN 156: Sports Appreciation (3) GE Area: 4C	corequisite: one GE foundation course open to Pre-KIN majors
	<input type="checkbox"/> KIN 210: Advanced Emergency Care (3)	open to Pre-KIN majors
	<input type="checkbox"/> KIN 488A: Fundamentals in Sport Training & Research (3)	a 'C' or better in KIN 300 or 301 or 312; instructor consent; Periodically offered
	<input type="checkbox"/> KIN 488B: Advanced Sport Training & Research (3)	a 'C' or better in KIN 488A; Periodically offered
	<input type="checkbox"/> KIN 497: Independent Study (1-3)	senior standing; department consent
	<input type="checkbox"/> PSY 351: Social Psychology (3)* GE Area: 4UD	PSY 100
	<input type="checkbox"/> PSY 453: Principles of Group Dynamics (3)	PSY 301, PSY 351; department consent
	<input type="checkbox"/> ANTH 353: Health & Healing (3)	none
	<input type="checkbox"/> ANTH 412: Culture & Communication (3) GE Area: 4UD	none
	<input type="checkbox"/> BLAW/PHIL 400: Business Ethics (3) GE Area: 3UD or 4UD	GE foundations; one exploration course
	<input type="checkbox"/> COMM 306: Communication Theory (3)	none
	<input type="checkbox"/> COMM 335: Persuasive Speaking (3)	GE foundations
	<input type="checkbox"/> COMM 411: Interpersonal Conflict Resolution (3)	GE foundations; one exploration course; upper division standing
	<input type="checkbox"/> GERN/REC 469: Disability, Culture & Society: Issues & Intervention (3)	none
	<input type="checkbox"/> HSC 227: Drugs & Health (3)	GE Area 1 completion
	<input type="checkbox"/> REC 321: Leadership in Recreation & Leisure Studies (3)	none; Spring only
	<input type="checkbox"/> REC 322: Recreational Sports Supervision (3)	none; Periodically offered
	<input type="checkbox"/> REC 340: Leisure in Contemporary Society (3) GE Area: 4UD	GE foundations; one exploration course; upper division standing
	<input type="checkbox"/> REC 437: Equity & Access of Recreation & Leisure (3)	none
	<input type="checkbox"/> 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