

BS in Kinesiology - *Option in Fitness*  
Major Requirements Worksheet  
2018-2019 Catalog

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

Grade	Course Number & Title (units)	Need to Take	Prerequisites†
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**Complete ALL of the following core courses:**

	KIN 201: Introduction to Kinesiology (3)		<i>open to KIN and Pre-KIN majors only</i>
	KIN 300: Biomechanics of Human Movement (3)		<i>a 'C' or better in BIOL 208; open to KIN majors only corequisite: KIN 201</i>
	KIN 301: Exercise Physiology (3)		<i>a 'C' or better in BIOL 207; open to KIN majors only corequisite: KIN 201</i>
	KIN 312: Motor Control & Learning (3)		<i>a 'C' or better in all of the following: BIOL 207, 208; PSY 100; open to KIN majors only corequisite: KIN 201</i>
	KIN 332: Sociocultural Dimensions of Sport & Human Movement (3)		<i>GE foundations; junior standing; completion of GVAR corequisite: KIN 201</i>

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

	BIOL 207: Human Physiology (4)		<i>GE foundations</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, DANC 261, or MICR 200</i>
	NUTR 132: Introductory Nutrition (3)		<i>one GE foundation course (corequisite)</i>
	PSY 100: General Psychology (3)		<i>GE composition ready</i>
	KIN 218: Professional Development in the Fitness Industry (2)		<i>none</i>
	KIN 263: Techniques of Physical Fitness (2)		<i>none</i>
	<b>ONE (1) of the following:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> HDEV 190: Elementary Statistics in Social &amp; Behavioral Sciences (4)</li> <li><input type="checkbox"/> PSY 110: Introductory Statistics (4)</li> <li><input type="checkbox"/> SOC 170: Elementary Statistics (4)</li> <li><input type="checkbox"/> STAT 108: Statistics for Everyday Life (3)</li> <li><input type="checkbox"/> STAT 118: Introductory Business Statistics (3)</li> </ul>		<i>Appropriate math placement</i>

**Complete 7 units from the following physical activity courses:**

**(Must be 7 different courses)**

Grade	Course Number & Title (units)	Need to Take	Grade	Course Number & Title (units)	Need to Take
	<input type="checkbox"/> KIN 100A: Archery* (1)			<input type="checkbox"/> KIN 165A: Flag Football (1)	
	<input type="checkbox"/> KIN 102A: Badminton (1)			<input type="checkbox"/> KIN 166: Rugby (1)	
	<input type="checkbox"/> KIN 104A: Bowling* (1)			<input type="checkbox"/> KIN 167A: Soccer (1)	
	<input type="checkbox"/> KIN 106A: Fencing-Foil (1)			<input type="checkbox"/> KIN 168A: Ultimate Frisbee (1)	
	<input type="checkbox"/> KIN 107A: Fencing-Sabre (1)			<input type="checkbox"/> KIN 169A: Softball (1)	
	<input type="checkbox"/> KIN 108A: Golf (1)			<input type="checkbox"/> KIN 172A: Volleyball - <i>beginning</i> (1)	
	<input type="checkbox"/> KIN 109A: Fitness Walking (1)			<input type="checkbox"/> KIN 172B: Volleyball - <i>intermediate</i> (1)	
	<input type="checkbox"/> KIN 112A: Racquetball (1)			<input type="checkbox"/> KIN 172C: Volleyball - <i>advanced</i> (1)	
	<input type="checkbox"/> KIN 114A: Tennis - <i>beginning</i> (1)			<input type="checkbox"/> KIN 183A: Recreational Dance Workshop (1)	
	<input type="checkbox"/> KIN 114B: Tennis - <i>intermediate</i> (1)			<input type="checkbox"/> KIN 185: Social Dance (1)	
	<input type="checkbox"/> KIN 115A: Table Tennis (1)			<input type="checkbox"/> KIN 187: Swing Dancing (1)	
	<input type="checkbox"/> KIN 124A: Surfing (1)			<input type="checkbox"/> KIN 188: Salsa (1)	
	<input type="checkbox"/> KIN 125A: Swimming (1)			<input type="checkbox"/> KIN 189: Country Dancing (1)	
	<input type="checkbox"/> KIN 126A: Swimming Conditioning (1)			<input type="checkbox"/> KIN 198F: Group Exercise: Dancing Conditioning (1-3)	
	<input type="checkbox"/> KIN 127A: Aqua Aerobics (1)			<input type="checkbox"/> KIN 198G: Tai Chi Chuan (1)	
	<input type="checkbox"/> KIN 142: Group Exercise: Cardio (1)			<input type="checkbox"/> KIN 198H: Chinese Sword Combat for Sport (1)	
	<input type="checkbox"/> KIN 142B: Group Exercise: Bootcamp (1)			<input type="checkbox"/> KIN 198J: Mat Pilates Level I (1)	
	<input type="checkbox"/> KIN 143: Individual Conditioning (1)			<input type="checkbox"/> KIN 198K: Kung Fu (1)	
	<input type="checkbox"/> KIN 145A: Gymnastics (1)			<input type="checkbox"/> KIN 198L: Group Exercise: Stretch & Relaxation (1)	
	<input type="checkbox"/> KIN 146A: Jogging (1)			<input type="checkbox"/> KIN 198M: Pickleball (1)	
	<input type="checkbox"/> KIN 148A: Karate (1)			<input type="checkbox"/> KIN 250: Techniques of Basketball (1)	
	<input type="checkbox"/> KIN 149A: Self Defense (1)			<input type="checkbox"/> KIN 251: Techniques of Flag Football (1)	
	<input type="checkbox"/> KIN 151A: Weight Training & Conditioning (1)			<input type="checkbox"/> KIN 253: Techniques of Soccer (1)	
	<input type="checkbox"/> KIN 152A: Yoga (1)			<input type="checkbox"/> KIN 255: Techniques of Softball (1)	
	<input type="checkbox"/> KIN 152C: Yoga II (1)			<input type="checkbox"/> KIN 257: Techniques of Volleyball (1)	
	<input type="checkbox"/> KIN 161A: Basketball (1)			<input type="checkbox"/> KIN 261: Techniques & Analysis of Fundamental Rhythms (1)	
	<input type="checkbox"/> KIN 162A: Beach Volleyball (1)				<i>*course fee may be required</i>

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

	KIN 339/PSY 339: Psychology of Sport Behavior & Athletic Performance (3)		PSY 100; GE Foundations; junior standing
	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, 312, and 339
	KIN 368: Resistance Training for Fitness (3)		KIN 300, 301
	KIN 467: Fundamentals of Personal Training (3)		KIN 368
	KIN 468: Nutrition for Exercise & Performance (3)		NUTR 132; KIN 301
	KIN 469: Fitness Management (3)		KIN 363, 368
	KIN 489D: Fieldwork in Fitness (3)		200 hours in a corporate fitness setting; 200 hours in a traditional fitness setting; 100 hours of approved fitness experience; completion of KIN major coursework; department consent corequisite: KIN 467
	KIN 478: Psychological Aspects of Exercise & Fitness (3)		KIN 300, 301, 312, and 339

**Complete 6 units from the following elective courses:**

<input type="checkbox"/>	ATEP 207: Prevention & Care of Athletic Injuries (3)		current CPR, AED, & First Aid certifications; <b>see catalog for full details</b> corequisite: KIN 201
<input type="checkbox"/>	ATEP 309: Developmental & Therapeutic Exercise (3)		KIN 300, 301
<input type="checkbox"/>	GERN 439/NUTR 439: Nutrition and Aging (3)		NUTR 132 or BIOL 207 or BIOL 301 or GERN 400
<input type="checkbox"/>	HSC 421: Health Behavior (3)		junior standing
<input type="checkbox"/>	HSC 423: Consumer Health (3)		junior standing
<input type="checkbox"/>	HSC 427: Drugs & Health (3)		GE foundations; junior standing
<input type="checkbox"/>	KIN 315: Motor Development (3)		BIOL 207; BIOL 208; PSY 100
<input type="checkbox"/>	KIN 335: Historical & Cultural Foundations of Sport & Kinesiology in America (3)		junior standing
<input type="checkbox"/>	KIN 462: Advanced Strength & Conditioning (3)		KIN 300, 301
<input type="checkbox"/>	KIN 487: Supervised Activity Instruction Experience (1-3)		junior standing; instructor consent
<input type="checkbox"/>	REC 421: Supervisory & Administrative Practices (3)		department consent
<input type="checkbox"/>	REC 423: Facility Design & Operations (3)		department consent
<input type="checkbox"/>	REC 425: Financing Leisure Services (3)		department consent
<input type="checkbox"/>	REC 427: Legal Aspects of Leisure Services (3)		department consent

†Prerequisites are subject to change; consult the University Catalog ([www.csulb.edu/catalog](http://www.csulb.edu/catalog)) for the most recent updates

✓A 'C' or better is required in all courses

✓Total units required for FIT option: 78-79