

BS in Kinesiology - Option in Sport Psychology & Leadership  
Major Requirements Worksheet  
2018-2019 Catalog

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

Grade	Course Number & Title (units)	Need to Take	Prerequisites†
<b>Complete ALL of the following core courses:</b>			
	KIN 201: Introduction to Kinesiology (3)		open to KIN and Pre-KIN majors only
	KIN 300: Biomechanics of Human Movement (3)		a 'C' or better in BIOL 208; open to KIN majors only corequisite: KIN 201
	KIN 301: Exercise Physiology (3)		a 'C' or better in BIOL 207; open to KIN majors only corequisite: KIN 201
	KIN 312: Motor Control & Learning (3)		a 'C' or better in all of the following: BIOL 207, 208; PSY 100; open to KIN majors only; corequisite: KIN 201
	KIN 332: Sociocultural Dimensions of Sport & Human Movement (3)		GE foundations; junior standing; completion of GVAR corequisite: KIN 201

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

<b>Complete 3 units from the following physical activity courses:</b>					
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 162A: Beach Volleyball (1)	
	<input type="checkbox"/> KIN 102A: Badminton (1)			<input type="checkbox"/> KIN 165A: Flag Football (1)	
	<input type="checkbox"/> KIN 104A: Bowling** (1)			<input type="checkbox"/> KIN 166: Rugby (1)	
	<input type="checkbox"/> KIN 106A: Fencing-Foil (1)			<input type="checkbox"/> KIN 167A: Soccer (1)	
	<input type="checkbox"/> KIN 107A: Fencing-Sabre (1)			<input type="checkbox"/> KIN 172A: Volleyball - beginning (1)	
	<input type="checkbox"/> KIN 108A: Golf (1)			<input type="checkbox"/> KIN 172B: Volleyball - intermediate (1)	
	<input type="checkbox"/> KIN 112A: Racquetball (1)			<input type="checkbox"/> KIN 172C: Volleyball - advanced (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 Rythms (1)	

\*\*course fee may be required

<b>Complete ALL of the following upper division courses:</b>			
	KIN 335: Historical & Cultural Foundations of Sport & Kinesiology in America (3)		junior standing
	KIN 338: Women in Sport (3)		GE foundations; junior standing
	KIN 339/PSY 339: Psychology of Sport Behavior & Athletic Performance (3)		PSY 100; GE foundations; junior standing
	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
	PSY 356: Personality (3)		PSY 100

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**Choose & complete ONE concentration**

**Concentration in Sport Psychology: Complete 12\* units from the following courses:**

**\*At least 7 units must be upper division; at least 3 units must be from KIN; at least 6 units must be from PSY**

<input type="checkbox"/> ANTH 353: Health & Healing (3)	GE foundations
<input type="checkbox"/> ANTH 412: Culture & Communication (3)	GE foundations; junior standing
<input type="checkbox"/> HSC 427: Drugs & Health (3)	GE foundations; junior standing
<input type="checkbox"/> KIN 156: Sports Appreciation (3)	corequisite: one GE foundation course
<input type="checkbox"/> KIN 210: Advanced Emergency Care (3)	none
<input type="checkbox"/> KIN 315: Motor Development (3)	BIOL 207; BIOL 208; PSY 100
<input type="checkbox"/> KIN 488A: Fundamentals in Sport Training & Research (3)	a 'C' or better in KIN 300, 301, or 312
<input type="checkbox"/> KIN 488B: Advanced Sport Training & Research (3)	a 'C' or better in KIN 488A
<input type="checkbox"/> KIN 489B: Fieldwork in Athletic Coaching (1-3)	completion of KIN major coursework; department consent
<input type="checkbox"/> KIN 497: Independent Study (1-3)	senior standing; department consent
<input type="checkbox"/> PSY 220: Research Methods (4)	GE A1 course; PSY 100; a 'C' or better in PSY 110 or SOC 170 or HDEV 190
<input type="checkbox"/> PSY 241: Psychobiology (3)	PSY 100; GE A1 course
<input type="checkbox"/> PSY 332: Human Cognition (3)	PSY 100, 220, 241
<input type="checkbox"/> PSY 333: Psychology of Learning (3)	PSY 100, 220, 241
<input type="checkbox"/> PSY 336: Psychology of Emotion (3)	PSY 100, 220, 241
<input type="checkbox"/> PSY 351: Social Psychology (3)	PSY 100
<input type="checkbox"/> PSY 370: Abnormal Psychology (3)	PSY 100
<input type="checkbox"/> PSY 373: Introduction to Clinical Psychology (3)	PSY 100, 370
<input type="checkbox"/> PSY 378: Health Psychology (3)	PSY 100

**Concentration in Leadership: Complete 12\* units from the following courses:**

**\*At least 7 units must be upper division; at least 3 units must be from KIN**

<input type="checkbox"/> ANTH 353: Health & Healing (3)	GE foundations
<input type="checkbox"/> ANTH 412: Culture & Communication (3)	GE foundations; junior standing
<input type="checkbox"/> CBA 400/PHIL 400: Business Ethics (3)	GE foundations; instructor consent
<input type="checkbox"/> COMM 306: Communication Theory (3)	none
<input type="checkbox"/> COMM 335: Persuasive Speaking (3)	GE foundations
<input type="checkbox"/> COMM 411: Communication in Conflict Resolution (3)	GE foundations; junior standing
<input type="checkbox"/> HSC 427: Drugs & Health (3)	GE foundations; junior standing
<input type="checkbox"/> KIN 156: Sports Appreciation (3)	corequisite: one GE foundation course
<input type="checkbox"/> KIN 200: Psychological Skills for Peak Performance in Sport (3)	none
<input type="checkbox"/> KIN 210: Advanced Emergency Care (3)	none
<input type="checkbox"/> KIN 488A: Fundamentals in Sport Training & Research (3)	a 'C' or better in KIN 300, 301, or 312
<input type="checkbox"/> KIN 488B: Advanced Sport Training & Research (3)	a 'C' or better in KIN 488A
<input type="checkbox"/> KIN 489B: Fieldwork in Athletic Coaching (1-3)	completion of KIN major coursework; department consent
<input type="checkbox"/> KIN 497: Independent Study (1-3)	senior standing; department consent
<input type="checkbox"/> PSY 351: Social Psychology (3)	PSY 100
<input type="checkbox"/> REC 321: Leadership in Recreation & Leisure Studies (3)	none
<input type="checkbox"/> REC 322: Recreational Sports Supervision (3)	none
<input type="checkbox"/> REC 324: Campus Recreation Services (3)	none
<input type="checkbox"/> REC 340: Leisure in Contemporary Society (3)	GE foundations; junior standing
<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 SPL option: 70-71