

BS in Kinesiology - *Option in Fitness*
Major Requirements Worksheet
2019-2020 Catalog

Name: _____ Student ID: _____

Grade	Course Number & Title (units)	Need to Take	Prerequisites†
-------	-------------------------------	--------------	----------------

Complete ALL of the following core courses:

	KIN 201: Introduction to Kinesiology (3)		<i>open to KIN and Pre-KIN majors</i>
	KIN 300: Biomechanics of Human Movement (3)		<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, 208; PSY 100 corequisite: KIN 201</i>
	KIN 332: Sociocultural Dimensions of Sport & Human Movement (3)		<i>GE foundations; junior standing; completion of GWAR; open to Pre-KIN majors; 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, or DANC 261</i>
	NUTR 132: Introductory Nutrition (3)		<i>corequisite: one GE foundation course</i>
	PSY 100: General Psychology (3)		<i>GE composition ready</i>
	KIN 218: Professional Development in the Fitness Industry (2)		<i>open to Pre-KIN: FIT majors</i>
	KIN 263: Techniques of Physical Fitness (2)		<i>open to Pre-KIN majors</i>
	ONE (1) of the following: <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)		<i>appropriate math placement</i>

Complete 4 units from the following physical activity courses:

(Must be 4 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 151A: Weight Training & Conditioning (1)	
	<input type="checkbox"/> KIN 102A: Badminton (1)			<input type="checkbox"/> KIN 152A: Yoga (1)	
	<input type="checkbox"/> KIN 104A: Bowling* (1)			<input type="checkbox"/> KIN 152C: Yoga II (1)	
	<input type="checkbox"/> KIN 106A: Fencing-Foil (1)			<input type="checkbox"/> KIN 161A: Basketball (1)	
	<input type="checkbox"/> KIN 108A: Golf (1)			<input type="checkbox"/> KIN 162A: Beach Volleyball (1)	
	<input type="checkbox"/> KIN 109A: Fitness Walking (1)			<input type="checkbox"/> KIN 165A: Flag Football (1)	
	<input type="checkbox"/> KIN 114A: Tennis - <i>beginning</i> (1)			<input type="checkbox"/> KIN 167A: Soccer (1)	
	<input type="checkbox"/> KIN 114B: Tennis - <i>intermediate</i> (1)			<input type="checkbox"/> KIN 168A: Ultimate Frisbee (1)	
	<input type="checkbox"/> KIN 115A: Table Tennis (1)			<input type="checkbox"/> KIN 169A: Softball (1)	
	<input type="checkbox"/> KIN 124A: Surfing (1)			<input type="checkbox"/> KIN 172A: Volleyball - <i>beginning</i> (1)	
	<input type="checkbox"/> KIN 125A: Swimming (1)			<input type="checkbox"/> KIN 172B: Volleyball - <i>intermediate</i> (1)	
	<input type="checkbox"/> KIN 126A: Swimming Conditioning (1)			<input type="checkbox"/> KIN 183A: Recreational Dance Workshop (1)	
	<input type="checkbox"/> KIN 127A: Aqua Aerobics (1)			<input type="checkbox"/> KIN 185: Social Dance (1)	
	<input type="checkbox"/> KIN 142: Group Exercise: Cardio (1)			<input type="checkbox"/> KIN 187: Swing Dancing (1)	
	<input type="checkbox"/> KIN 142B: Group Exercise: Bootcamp (1)			<input type="checkbox"/> KIN 188: Salsa (1)	
	<input type="checkbox"/> KIN 143: Individual Conditioning (1)			<input type="checkbox"/> KIN 189: Country Dancing (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 198L: Group Exercise: Stretch & Relaxation (1)	
	<input type="checkbox"/> KIN 149A: Self Defense (1)				

**course fee may be required*

BS in Kinesiology - *Option in Fitness*
Major Requirements Worksheet
2019-2020 Catalog

Grade	Course Number & Title (units)	Need to Take	Prerequisites†
-------	-------------------------------	--------------	----------------

Complete ALL of the following upper division courses:

	KIN 339: Psychology of Sport Behavior & Athletic Performance (3)		<i>PSY 100; GE Foundations; junior standing open to Pre-KIN majors</i>
	KIN 363: Theory & Analysis of Group Fitness Instruction (2)		<i>KIN 263</i>
	KIN 364: Fitness for Adult Populations with Unique Health Considerations (3)		<i>KIN 301</i>
	KIN 367: Fitness & the Aging Process (3)		<i>KIN 300, 301, 312, and 339</i>
	KIN 368: Resistance Training for Fitness (3)		<i>KIN 300, 301</i>
	KIN 410: Corrective Exercise Training in Fitness (3)		<i>KIN 368</i>
	KIN 411: Advanced Program Design for Fitness & Performance (3)		<i>KIN 368, 467</i>
	KIN 412: Fitness & Wellness Coaching (3)		<i>KIN 339</i>
	KIN 467: Fundamentals of Personal Training (3)		<i>KIN 368</i>
	KIN 468: Nutrition for Exercise & Performance (3)		<i>NUTR 132; KIN 301</i>
	KIN 469: Fitness Management (3)		<i>KIN 363, 368</i>
	KIN 489D: Fieldwork in Fitness (3)		<i>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</i>

Complete 6 units from the following elective courses:

<input type="checkbox"/>	ATEP 207: Prevention & Care of Athletic Injuries (3)		<i>current CPR, AED, & First Aid certifications; see catalog for full details</i>
<input type="checkbox"/>	GERN 439/NUTR 439: Nutrition and Aging (3)		<i>NUTR 132 or BIOL 207 or BIOL 301 or GERN 400</i>
<input type="checkbox"/>	KIN 302: Structural Kinesiology (3)		<i>BIOL 208</i>
<input type="checkbox"/>	KIN 462: Advanced Strength & Conditioning (3)		<i>KIN 300, 301</i>
<input type="checkbox"/>	KIN 478: Psychological Aspects of Exercise & Fitness (3)		<i>KIN 300, 301, 312, and 339</i>
<input type="checkbox"/>	KIN 487: Supervised Activity Instruction Experience (1-3)		<i>junior standing; instructor consent</i>

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

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

✓All KIN courses are blocked to declared majors only (not pre-majors) unless otherwise specified in the prerequisites column

✓Total units required for FIT option: 81-82