

BS in Kinesiology - *Option in Fitness*
Major Requirements Worksheet
2022-2023 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) | Need to Take | Prerequisites† |
|-------|-------------------------------|--------------|----------------|
|-------|-------------------------------|--------------|----------------|

Complete ALL of the following core courses:

| | | | |
|--|---------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------|
| | KIN 201: Introduction to Kinesiology (3) | | open to KIN and Pre-KIN majors |
| | KIN 300: Biomechanics of Human Movement (3) GE Area: UD B | | 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: Writing Intensive | | GPE score of 11+ or portfolio course; open to Pre-KIN majors; corequisite: KIN 201 |

Complete ALL of the following lower division courses:

| | | | |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------|
| | BIOL 207: Human Physiology (4) GE Area: B2/B3 | | B4 and one GE A 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: B2 or E | | corequisite: one GE foundation course |
| | PSY 100: General Psychology (3) GE Area: D3 | | GE composition ready |
| | KIN 218: Professional Development in the Fitness Industry (2) | | open to Pre-KIN: FIT majors |
| | KIN 263: Techniques of Physical Fitness (2) | | open to Pre-KIN majors |
| | ONE (1) of the following: <ul style="list-style-type: none"> <input type="checkbox"/> HDEV 190: Elementary Statistics in Social & Behavioral Sciences (4) GE Area: B4 <input type="checkbox"/> PSY 110: Introductory Statistics (4) GE Area: B4 <input type="checkbox"/> SOC 170: Elementary Statistics (4) GE Area: B4 <input type="checkbox"/> STAT 108: Statistics for Everyday Life (3) GE Area: B4 <input type="checkbox"/> STAT 118: Introductory Business Statistics (3) GE Area: B4 | | appropriate math placement |

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: Stretch & Relaxation (1) | |
| | <input type="checkbox"/> KIN 149A: Self Defense (1) | | | | |

**course fee may be required*

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Complete ALL of the following upper division courses:

| | | | |
|--|---------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | KIN 339: Psychology of Sport Behavior & Athletic Performance (3) GE Area: UD D | | <i>GE Foundations; upper division 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: Advanced Topics in Fitness & Wellness (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; spring only</i> |
| | KIN 489D: Fieldwork in Fitness (3) | | <i>200 hours in a traditional fitness setting; 200 hours in a special populations setting; 100 hours of other approved experience; department consent corequisite: KIN 467</i> |

Complete 6 units from the following FIT 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 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>upper division standing; instructor consent</i> |

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

✓GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at www.csulb.edu/ge

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

✓Total units required for FIT option: **81-82**