

BS in Kinesiology - Option in Sport Psychology & Leadership  
Major Requirements Worksheet  
2019-2020 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</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>
	KIN 263: Techniques of Physical Fitness (2)		<i>open to Pre-KIN majors</i>
	PSY 100: General Psychology (3)		<i>GE composition ready</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 3 units from the following physical activity 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 169A: Softball (1)	
	<input type="checkbox"/> KIN 115A: Table Tennis (1)			<input type="checkbox"/> KIN 172A: Volleyball - <i>beginning</i> (1)	
	<input type="checkbox"/> KIN 124A: Surfing (1)			<input type="checkbox"/> KIN 172B: Volleyball - <i>intermediate</i> (1)	
	<input type="checkbox"/> KIN 125A: Swimming (1)			<input type="checkbox"/> KIN 183A: Recreational Dance Workshop (1)	
	<input type="checkbox"/> KIN 126A: Swimming Conditioning (1)			<input type="checkbox"/> KIN 185: Social Dance (1)	
	<input type="checkbox"/> KIN 127A: Aqua Aerobics (1)			<input type="checkbox"/> KIN 187: Swing Dancing (1)	
	<input type="checkbox"/> KIN 142: Group Exercise: Cardio (1)			<input type="checkbox"/> KIN 188: Salsa (1)	
	<input type="checkbox"/> KIN 142B: Group Exercise: Bootcamp (1)			<input type="checkbox"/> KIN 189: Country Dancing (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*

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

	KIN 335: Historical & Cultural Foundations of Sport & Kinesiology in America (3)		<i>junior standing</i>
	KIN 338: Women in Sport (3)		<i>GE foundations; junior standing open to Pre-KIN majors</i>
	KIN 339: Psychology of Sport Behavior & Athletic Performance (3)		<i>PSY 100; GE foundations; junior standing open to Pre-KIN majors</i>
	KIN 472: Applied Sport Psychology (3)		<i>KIN 339</i>
	KIN 475: Psychology of Coaching (3)		<i>KIN 339</i>
	KIN 478: Psychological Aspects of Exercise & Fitness (3)		<i>KIN 300, 301, 312, and 339</i>
	PSY 356: Personality (3)		<i>PSY 100</i>

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**Choose & complete ONE concentration**

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

**\*At least 6 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 227: Drugs & Health (3)	GE area A completion
<input type="checkbox"/> KIN 156: Sports Appreciation (3)	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 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 A2 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 A2 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 6 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 227: Drugs & Health (3)	GE area A completion
<input type="checkbox"/> KIN 156: Sports Appreciation (3)	corequisite: one GE foundation course open to Pre-KIN majors
<input type="checkbox"/> KIN 200: Psychological Skills for Peak Performance in Sport (3)	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, 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

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

✓ Total units required for SPL option: 70-71