

# Bachelor of Science in Kinesiology

## Option in Fitness

### GENERAL EDUCATION REQUIREMENTS:

Written Communication  
 Oral Communication  
 Critical Thinking  
 Mathematics (*if statistics course is not GE approved*)

### GPA REQUIREMENT:

3.00 cumulative and 2.5 for major-specific coursework



### EQUIVALENT COURSE OUTLINE



**SANTA ANA COLLEGE**



CALIFORNIA STATE UNIVERSITY  
**LONG BEACH**

### REQUIRED COURSEWORK

KNPR 101

One of the following

MATH 219  
 MATH 219H  
 PSYC 210

One of the following

NUTR 115 OR NUTR 115H

One of the following

PSYC 100 OR PSYC 100H

BIOL 249

BIOL 239

Select 4 from the following:

KNAC 107A  
 KNAF 140A  
 KNAC 160A  
 KNFI 147A  
 KNAQ 201A  
 KNAQ 201B  
 KNAF 156A OR KNAF 156B OR KNAF 157A  
 KNAC 123  
 KNAF 140A  
 KNAC 155A  
 KNAC 150A OR KNAC 170A  
 KNPR 150  
 KNAC 220A  
 KNAC 230A  
 KNAC 260A  
 KNAC 270A  
 KNAC 290A  
 KNAC 290B  
 DNCE 123

KIN 201 Introduction to Kinesiology

STAT 108 Statistics for Everyday Life

PSY 110 Introductory Statistics

STAT 118 Introductory Business Statistics

HDEV 190 Elementary Statistics in Social and Behavioral Sciences

SOC 170 Elementary Statistics

NUTR 132 Introductory Nutrition

PSY 100 General Psychology

BIOL 207 Human Physiology

BIOL 208 Human Anatomy

KIN 102A Badminton

KIN 109A Fitness Walking

KIN 114A Tennis I

KIN 151A Weight Training & Conditioning I

KIN 125A Swimming I

KIN 126A Swimming Conditioning

KIN 142 Group Exercise Cardio

KIN 143 Individual Conditioning

KIN 146A Jogging I

KIN 149A Self Defense

KIN 152A Yoga

KIN 156 Sports Appreciation

KIN 161A Basketball I

KIN 165A Flag Football

KIN 167A Soccer I

KIN 169A Softball I

KIN 172A Volleyball I

KIN 172B Volleyball II

KIN 188 Salsa