Name: ______________________________________________________________________________

Student ID:  ____________________________________

<table>
<thead>
<tr>
<th>Grade</th>
<th>Course Number &amp; Title (units)</th>
<th>Need to Take</th>
<th>Prerequisites†</th>
</tr>
</thead>
</table>

**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)**
  - 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, 208; PSY 100
  - corequisite: KIN 201

- **KIN 332: Sociocultural Dimensions of Sport & Human Movement (3)**
  - GE foundations; junior standing; completion of GWAR; open to Pre-KIN majors; corequisite: KIN 201

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

- **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, or DANC 261

- **NUTR 132: Introductory Nutrition (3)**
  - corequisite: one GE foundation course

- **PSY 100: General Psychology (3)**
  - 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:**

- **□ HDEV 190: Elementary Statistics in Social & Behavioral Sciences (4)**
- **□ PSY 110: Introductory Statistics (4)**
- **□ SOC 170: Elementary Statistics (4)**
- **□ STAT 108: Statistics for Everyday Life (3)**
- **□ STAT 118: Introductory Business Statistics (3)**
  - appropriate math placement

**Complete 4 units from the following physical activity courses:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Course Number &amp; Title (units)</th>
<th>Need to Take</th>
<th>Grade</th>
<th>Course Number &amp; Title (units)</th>
<th>Need to Take</th>
</tr>
</thead>
</table>
- **□ KIN 100A: Archery* (1)**
- **□ KIN 102A: Badminton (1)**
- **□ KIN 104A: Bowling* (1)**
- **□ KIN 106A: Fencing-Foil (1)**
- **□ KIN 108A: Golf (1)**
- **□ KIN 109A: Fitness Walking (1)**
- **□ KIN 114A: Tennis - beginning (1)**
- **□ KIN 114B: Tennis - intermediate (1)**
- **□ KIN 115A: Table Tennis (1)**
- **□ KIN 124A: Surfing (1)**
- **□ KIN 125A: Swimming (1)**
- **□ KIN 126A: Swimming Conditioning (1)**
- **□ KIN 127A: Aqua Aerobics (1)**
- **□ KIN 127B: Surfing (1)**
- **□ KIN 128A: Group Exercise: Cardio (1)**
- **□ KIN 142B: Group Exercise: Bootcamp (1)**
- **□ KIN 143: Individual Conditioning (1)**
- **□ KIN 146A: Jogging (1)**
- **□ KIN 148A: Karate (1)**
- **□ KIN 149A: Self Defense (1)**
- **□ KIN 151A: Weight Training & Conditioning (1)**
- **□ KIN 152A: Yoga (1)**
- **□ KIN 152C: Yoga II (1)**
- **□ KIN 161A: Basketball (1)**
- **□ KIN 162A: Beach Volleyball (1)**
- **□ KIN 165A: Flag Football (1)**
- **□ KIN 166A: Ultimate Frisbee (1)**
- **□ KIN 169A: Softball (1)**
- **□ KIN 172A: Volleyball - beginning (1)**
- **□ KIN 172B: Volleyball - intermediate (1)**
- **□ KIN 183A: Recreational Dance Workshop (1)**
- **□ KIN 185: Social Dance (1)**
- **□ KIN 187: Swing Dancing (1)**
- **□ KIN 188: Salsa (1)**
- **□ KIN 189: Country Dancing (1)**
- **□ KIN 198J: Mat Pilates Level I (1)**
- **□ KIN 198L: Group Exercise: Stretch & Relaxation (1)**

*course fee may be required
Complete ALL of the following upper division courses:

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

Complete 6 units from the following elective courses:

<table>
<thead>
<tr>
<th>Course Number &amp; Title (units)</th>
<th>Need to Take</th>
<th>Prerequisites†</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ ATEP 207: Prevention &amp; Care of Athletic Injuries (3)</td>
<td></td>
<td>current CPR, AED, &amp; First Aid certifications; see catalog for full details</td>
</tr>
<tr>
<td>□ GERN 439/NUTR 439: Nutrition and Aging (3)</td>
<td></td>
<td>NUTR 132 or BIOL 207 or BIOL 301 or GERN 400</td>
</tr>
<tr>
<td>□ KIN 302: Structural Kinesiology (3)</td>
<td></td>
<td>BIOL 208</td>
</tr>
<tr>
<td>□ KIN 462: Advanced Strength &amp; Conditioning (3)</td>
<td></td>
<td>KIN 300, 301</td>
</tr>
<tr>
<td>□ KIN 478: Psychological Aspects of Exercise &amp; Fitness (3)</td>
<td></td>
<td>KIN 300, 301, 312, and 339</td>
</tr>
<tr>
<td>□ KIN 487: Supervised Activity Instruction Experience (1-3)</td>
<td></td>
<td>junior standing; instructor consent</td>
</tr>
</tbody>
</table>

†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