BS in Kinesiology - Option in Fitness  
Major Requirements Worksheet  
2020-2021 Catalog

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<tr>
<th>Name:</th>
<th>Student ID:</th>
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Grade | Course Number & Title (units) | Need to Take | Prerequisites† |
|------|-----------------------------|--------------|----------------|

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

**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, PSY 100  
  corequisite: KIN 201
- KIN 332: Sociocultural Dimensions of Sport & Human Movement (3) GE Area: F-Writing Intensive  
  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 Area: B2/B3  
  two GE foundation courses
- 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 DSMC 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:**
- □ HDEV 190: Elementary Statistics in Social & Behavioral Sciences (4) GE Area: B4
- □ PSY 110: Introductory Statistics (4) GE Area: B4
- □ SOC 170: Elementary Statistics (4) GE Area: B4
- □ STAT 108: Statistics for Everyday Life (3) GE Area: B4
- □ 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)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Course Number &amp; Title (units)</th>
<th>Need to Take</th>
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<th>Course Number &amp; Title (units)</th>
<th>Need to Take</th>
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- □ 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 142: 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 167A: Soccer (1)  
- □ KIN 168A: 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>
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<th>Course Number &amp; Title (units)</th>
<th>Need to Take</th>
<th>Prerequisites†</th>
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<tr>
<td>KIN 339: Psychology of Sport Behavior &amp; Athletic Performance (3) GE Area: F or UD D</td>
<td>PSY 100; GE Foundations; junior standing open to Pre-KIN majors</td>
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<tr>
<td>KIN 363: Theory &amp; Analysis of Group Fitness Instruction (2)</td>
<td>KIN 263</td>
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<td>KIN 364: Fitness for Adult Populations with Unique Health Considerations (3)</td>
<td>KIN 301</td>
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<tr>
<td>KIN 367: Fitness &amp; the Aging Process (3)</td>
<td>KIN 300, 301, 312, and 339</td>
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<td>KIN 368: Resistance Training for Fitness (3)</td>
<td>KIN 300, 301</td>
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<td>KIN 410: Corrective Exercise Training in Fitness (3)</td>
<td>KIN 368</td>
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<td>KIN 411: Advanced Program Design for Fitness &amp; Performance (3)</td>
<td>KIN 368, 467</td>
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<td>KIN 412: Fitness &amp; Wellness Coaching (3)</td>
<td>KIN 339</td>
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<td>KIN 467: Fundamentals of Personal Training (3)</td>
<td>KIN 368</td>
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<td>KIN 468: Nutrition for Exercise &amp; Performance (3)</td>
<td>NUTR 132; KIN 301</td>
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<td>KIN 469: Fitness Management (3)</td>
<td>KIN 363, 368</td>
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<td>KIN 489D: Fieldwork in Fitness (3)</td>
<td>150 hours in a corporate fitness setting; 150 hours in a commercial fitness setting; 150 hours in a special population setting; 50 hours of other approved experience; department consent corequisite: KIN 467</td>
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Complete 6 units from the following elective courses:

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