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)  
  - Prerequisites: open to KIN and Pre-KIN majors
- **KIN 300**: Biomechanics of Human Movement (3) **GE Area: UD B**  
  - Prerequisites: a "C" or better in BIOL 208; corequisite: KIN 201
- **KIN 301**: Exercise Physiology (3)  
  - Prerequisites: a "C" or better in BIOL 207; corequisite: KIN 201
- **KIN 312**: Motor Control & Learning (3)  
  - Prerequisites: 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**  
  - Prerequisites: 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**
  - Prerequisites: two GE foundation courses
- **BIOL 208**: Human Anatomy (4)
  - Prerequisites: a "C" or better in one of the following: ART 372, BIOL 201, BIOL 205, BIOL 212, BIOL 311, CHEM 140, or DANC 261
- **NUTR 132**: Introductory Nutrition (3) **GE Area: B2 or E**
  - Prerequisites: corequisite: one GE foundation course
- **KIN 263**: Techniques of Physical Fitness (2)  
  - Prerequisites: open to Pre-KIN majors
- **PSY 100**: General Psychology (3) **GE Area: D3**
  - Prerequisites: GE composition ready

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)
  - Prerequisites: appropriate math placement
- □ STAT 118: Introductory Business Statistics (3) **GE Area: B4**

### Complete 3 units from the following physical activity courses:

- □ KIN 100A: Archery* (1)
  - Prerequisites: open to Pre-KIN majors
- □ KIN 102A: Badminton (1)
- □ KIN 104A: Bowling* (1)
- □ KIN 106A: Fencing-Foil (1)
- □ KIN 107A: Fencing-Sabre (1)
- □ KIN 108A: Golf (1)
- □ KIN 109A: Fitness Walking (1)
- □ KIN 112A: Racquetball (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 142B: Group Exercise: Bootcamp (1)
- □ KIN 143: Individual Conditioning (1)
- □ KIN 145A: Gymnastics (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 166: Rugby (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 172C: Volleyball - advanced (1)
- □ KIN 183: Recreational Dance Workshop (1)
- □ KIN 185: Social Dance (1)
- □ KIN 187: Swing Dancing (1)
- □ KIN 188: Salsa (1)
- □ KIN 189: Country Dancing (1)
- □ KIN 198F: Dance Conditioning (1)
- □ KIN 198G: Tai Chi Chuan (1)
- □ KIN 198H: Chinese Sword Combat for Sport (1)
- □ KIN 198I: Mat Pilates Level I (1)
- □ KIN 198K: Kung Fu (1)
- □ KIN 198L: Group Exercise: Stretch & Relaxation (1)
- □ KIN 198M: Pickleball (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)  
  - Prerequisites: junior standing
- **KIN 338**: Women in Sport (3) **GE Area: F or UD D; HD**
  - Prerequisites: GE foundations; junior standing; open to Pre-KIN majors
- **KIN 339**: Psychology of Sport Behavior & Athletic Performance (3) **GE Area: F or UD D**  
  - Prerequisites: PSY 100; GE foundations; junior standing; open to Pre-KIN majors
- **KIN 472**: Applied Sport Psychology (3)  
  - Prerequisites: KIN 339
- **KIN 475**: Psychology of Coaching (3)  
  - Prerequisites: KIN 339
- **KIN 478**: Psychological Aspects of Exercise & Fitness (3)  
  - Prerequisites: KIN 300, 301, 312, and 339
- **PSY 356**: Personality (3) **GE Area: UD D**  
  - Prerequisites: PSY 100

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**CHHS ADV 8/18/2020**

www.csulb.edu/chhsadvising
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*

<table>
<thead>
<tr>
<th>Course Number &amp; Title (units)</th>
<th>Need to Take</th>
<th>Prerequisites†</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTH 353: Health &amp; Healing (3) GE Area: GI</td>
<td>none</td>
<td></td>
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<tr>
<td>ANTH 412: Culture &amp; Communication (3) GE Area: F or UD D; GI</td>
<td>none</td>
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<tr>
<td>HSC 227: Drugs &amp; Health (3) GE Area: E</td>
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<tr>
<td>KIN 156: Sports Appreciation (3) GE Area: D3</td>
<td>corequisite: one GE foundation course open to Pre-KIN majors</td>
<td>open to Pre-KIN majors</td>
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<tr>
<td>KIN 210: Advanced Emergency Care (3)</td>
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<tr>
<td>KIN 315: Motor Development (3)</td>
<td>BIOL 207, BIOL 208, PSY 100</td>
<td></td>
</tr>
<tr>
<td>KIN 488A: Fundamentals in Sport Training &amp; Research (3)</td>
<td>a 'C' or better in KIN 300, 301, or 312; instructor consent</td>
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<tr>
<td>KIN 488B: Advanced Sport Training &amp; Research (3)</td>
<td>a 'C' or better in KIN 488A</td>
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<tr>
<td>KIN 489B: Fieldwork in Athletic Coaching (1-3)</td>
<td>completion of KIN major coursework; department consent</td>
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<tr>
<td>KIN 497: Independent Study (1-3)</td>
<td>senior standing; department consent</td>
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<tr>
<td>PSY 220: Research Methods (4)</td>
<td>GE A2 course; PSY 100, a 'C' or better in PSY 110 or SOC 170 or HDEV 190</td>
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<tr>
<td>PSY 241: Psychobiology (3) GE Area: B2</td>
<td>GE A2 course; PSY 100</td>
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<tr>
<td>PSY 301: Introduction to Psychology as a Discipline &amp; Profession (3)</td>
<td>PSY 100; corequisite: PSY 220</td>
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<tr>
<td>PSY 332: Human Cognition (3)</td>
<td>PSY 100, 220, 241</td>
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<tr>
<td>PSY 333: Psychology of Learning (3)</td>
<td>PSY 100, 220, 241</td>
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<tr>
<td>PSY 336: Psychology of Emotion (3)</td>
<td>PSY 100</td>
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<tr>
<td>PSY 351: Social Psychology (3) GE Area: UD D; HD</td>
<td>PSY 100</td>
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<tr>
<td>PSY 370: Abnormal Psychology (3) GE Area: UD D</td>
<td>PSY 100</td>
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<tr>
<td>PSY 373: Introduction to Clinical Psychology (3)</td>
<td>PSY 100</td>
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<tr>
<td>PSY 378: Health Psychology (3)</td>
<td>PSY 100</td>
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</tbody>
</table>

**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*

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<tr>
<td>ANTH 412: Culture &amp; Communication (3) GE Area: F or UD D; GI</td>
<td>none</td>
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<tr>
<td>CBA 400/PHIL 400: Business Ethics (3) GE Area: F or UD C or UD D</td>
<td>GE foundations; junior standing</td>
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<tr>
<td>COMM 306: Communication Theory (3)</td>
<td>GE foundations</td>
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<tr>
<td>COMM 335: Persuasive Speaking (3)</td>
<td>GE foundations</td>
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<tr>
<td>COMM 411: Communication in Conflict Resolution (3)</td>
<td>GE area A completion</td>
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<tr>
<td>HSC 227: Drugs &amp; Health (3) GE Area: E</td>
<td>corequisite: one GE foundation course open to Pre-KIN majors</td>
<td>open to Pre-KIN majors</td>
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<tr>
<td>KIN 156: Sports Appreciation (3) GE Area: D3</td>
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<tr>
<td>KIN 200: Psychological Skills for Peak Performance in Sport (3)</td>
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<tr>
<td>KIN 210: Advanced Emergency Care (3)</td>
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<tr>
<td>PSY 351: Social Psychology (3) GE Area: UD D; HD</td>
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<tr>
<td>REC 321: Leadership in Recreation &amp; Leisure Studies (3)</td>
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<tr>
<td>REC 322: Recreational Sports Supervision (3)</td>
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<td>REC 324: Campus Recreation Services (3)</td>
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<tr>
<td>REC 340: Leisure in Contemporary Society (3) GE Area: F or UD D; HD</td>
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<tr>
<td>REC 427: Legal Aspects of Leisure Services (3)</td>
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</tbody>
</table>

†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 SPL option: 70-71