

# 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



CALIFORNIA STATE UNIVERSITY  
**LONG BEACH**

### REQUIRED COURSEWORK

KINPP 1	KIN 201 Introduction to Kinesiology
STAT 1 OR STAT 1H	CHEM 111A General Chemistry
One of the following STAT 1 OR STAT 1H MATH 21A AND MATH 21B	STAT 108 Statistics for Everyday Life STAT 118 Introductory Business Statistics PSY 110 Introductory Statistics HDEV 190 Elementary Statistics in Social and Behavioral Sciences SOC 170 Elementary Statistics
NUTR 20	NUTR 132 Introductory Nutrition
One of the following PSYCH 1 OR PSYCH 1H	PSY 100 General Psychology
PHYSI 1	BIOL 207 Human Physiology
ANAT 1	PHYS 100A General Physics
KINPP 10	KINPP 10
Four of the following: KING 10 KINPF 21 KING 84 KINPF 54 KING 76 KINPF 42 KINPF 4 KINPF 6 KINPF 12 KINPF 17 KING 65 OR KING 66 KINPF 14 KINPP 5 KINPP 4 KING 14 KING 92 KING 86 KING 94 KING 70 KING 2	KING 102A Badminton KIN 109A Fitness Walking KIN 114A Tennis KIN 151A Weight Training & Conditioning KIN 125A Swimming KIN 126A Swimming Conditioning KIN 127A Aqua Aerobics KIN 142 Group Exercise Cardio KIN 143 Individual Conditioning KIN 146A Jogging 1 KIN 149A Self Defense KIN 152A Yoga KIN 156 Sports Appreciation KIN 157 Fitness for Living KIN 161 A Basketball KIN 162A Beach Volleyball KIN 165A Flag Football KIN 166 Rugby KIN 167A Soccer KIN 168A Ultimate Frisbee