

# BS KINESIOLOGY

NAME \_\_\_\_\_  
STUDENT ID \_\_\_\_\_  
CONCENTRATION \_\_\_\_\_  
MINOR \_\_\_\_\_

Cal Poly, Higher Ed, and Major GPA at least 2.00 ☐ YES ☐ NO  
US Cultural Pluralism Met ☐ YES ☐ NO  
60 Units Upper Division Met ☐ YES ☐ NO  
GWR Met ☐ YES ☐ NO  
Upper Div GE Met ☐ YES ☐ NO  
Free Electives Met ☐ YES ☐ NO  
C- or higher in A1, A2, A3, and B4 ☐ YES ☐ NO  
Residency Requirements Met ☐ YES ☐ NO

Up to 4 units of credit/no credit grading may be selected for courses in major, support, or concentration.

| MAJOR COURSES (80)  | Units | Grade | GrdPts |
|---|-------|-------|--------|
| KINE 180 Orientation to KINE  | 2     |       |        |
| KINE 250 (E) <sup>1</sup> or KINE 255 (E) <sup>1</sup> (USCP)<br>or KINE 260 (E) <sup>1</sup> (USCP)  | 4     |       |        |
| KINE 266 Sport and Exercise Psychology  | 4     |       |        |
| KINE 301 Functional Anatomy   | 3     |       |        |
| KINE 303 Physiology of Exercise   | 4     |       |        |
| KINE 304 Pathophysiology and Exercise   | 3     |       |        |
| KINE 307 Adapted Physical Activity  | 4     |       |        |
| KINE 312 Motor Learning and Control   | 4     |       |        |
| KINE 319 Intro to Research Methods in Kine  | 4     |       |        |
| KINE 349 Exer Testing and Prescrip for Hlth Pop   | 4     |       |        |
| KINE 401 Managing Exer, Health, & Sport Pgms  | 3     |       |        |
| KINE 403 Biomechanics   | 4     |       |        |
| KINE 451 Nutrition for Fitness and Sport  | 4     |       |        |
| KINE 454 Exercise Metabolism  | 3     |       |        |
| KINE 459 Personal and Group Fitness Instruction   | 3     |       |        |
| KINE 460/461/462/463 Capstone   | 1     |       |        |
| <b>Concentration<sup>2,4</sup></b> (see reverse)  | 18    |       |        |
| <b>Approved Electives<sup>3,4</sup></b>   |       |       |        |
| Select from the following:  | 8     |       |        |
| BIO 162, 253, 305; CHEM 129, 217 & 220, 313; COMS 212, 213, 301, 316; FSN 310, 315, 415, 416; IME 320; KINE 181, 297, 305, 308, 320, 323, 406, 409, 446; PHYS 122, 123; PSY 201 or 202, 252, 256, 302, 310, 318, 320, 340, 350; RPTA 160, 255, 275, 450 |       |       |        |

## SUPPORT COURSES (39)

|  |   |
|--|---|
| BIO 161 Intro to Cell & Molecular Biology (B2&B3) <sup>1</sup>   | 4 |
| BIO 231 Human Anat & Phys I                                      | 5 |
| BIO 232 Human Anat & Phys II                                     | 5 |
| CHEM 127 Gen Chem for Ag & Life Science I (B1&B3) <sup>1</sup>   | 4 |
| CHEM 128 Gen Chem for Ag & Life Science II                       | 4 |
| CHEM 312 or CHEM 216   | 5 |
| MATH 119 or MATH 141 (B4) <sup>1</sup>                           | 4 |
| PHYS 121 College Physics I                                       | 4 |
| STAT 218 Applied Statistics for the Life Sciences (GE Area Elec) | 4 |

2020-2021

updated  
6.03.21

Units Required 180



# CAL POLY

**NOTE:** This is a snapshot of the curriculum as originally published in the catalog. The Degree Progress Report (DPR) reflects updates to the published catalog. The DPR will be used to award your degree and calculate your EAP.

## GENERAL EDUCATION (GE)

52

72 units required, 20 of which are specified in Major and/or Support

**Minimum of 12 units required at the 300 level.**

### Area A English Language Comm and Critical Thinking

12

A1 Oral Communication ..... 4

A2 Written Communication ..... 4

A3 Critical Thinking ..... 4

### Area B Scientific Inquiry & Quantitative Reasoning

4

B1 Physical Science (4 units in Support)<sup>1</sup> ..... 4

B2 Life Science (4 units in Support)<sup>1</sup> ..... 4

B3 One lab with either B1 or B2 ..... 4

B4 Mathematics/Quantitative Reasoning (4 units in Support)<sup>1</sup> ..... 4

Upper-Division B ..... 4

### Area C Arts and Humanities

16

Lower-division courses in Area C must come from three different subject prefixes

C1 Arts<sup>6</sup> ..... 4

C2 Humanities<sup>5,6</sup> ..... 4

Lower-Division C Elective: C1 or C2<sup>6</sup> ..... 4

Upper-Division C ..... 4

### Area D Social Sciences

16

D1 American Institutions (Title 5, Sec. 40404) ..... 4

**Courses in D2 must come from two different subject prefixes**

D2 Lower-Division D<sup>7</sup> ..... 4

D2 Lower-Division D<sup>7</sup> ..... 4

Upper-Division D ..... 4

### Area E Lifelong Learning & Self-Dev

Lower-Division E (4 units in Major)<sup>1</sup> ..... 4

### GE Elective in Area C or D

4

Select a course from Area C or D; may be lower- or upper- division

GE Elective (GE Area C or D) ..... 4

GE Elective (4 units B in Support)<sup>1</sup> ..... 4

**FREE ELECTIVES<sup>4</sup>** ..... 9

<sup>1</sup> Required in Major/Support; also satisfies GE.

<sup>2</sup> Students may have to complete additional coursework to satisfy admission requirements for graduate or professional degree programs in the allied health professions. Students interested in these programs should consult their academic advisor or visit the College of Science and Mathematics Advising Office for more information.

<sup>3</sup> Courses used to satisfy a concentration requirement cannot also double-count towards approved electives.

<sup>4</sup> If a General Education (GE) course is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

<sup>5</sup> It is recommended that students pursuing the Sport Science concentration take PHIL 230 or PHIL 231 to fulfill GE Area C2.

<sup>6</sup> C1, C2, and C elective must come from three different subject prefixes.

<sup>7</sup> Second D2 must be a different subject prefix from first D2.

## KINESIOLOGY CONCENTRATIONS

*Please select a concentration:*

### HEALTH PROMOTION CONCENTRATION

|   |           |
|---|-----------|
| HLTH/KINE 265 Intro to Community and Public Health                              | 3         |
| HLTH/KINE 298 Disease Epidemiology  | 4         |
| HLTH 334 Health Behavior Theory   | 3         |
| Select from the following:<br>HLTH 405, 410; HLTH/KINE 305, 320, 434, 450, 453. | 8         |
|   | <b>18</b> |

### SPORT SCIENCE CONCENTRATION

|   |           |
|---|-----------|
| KINE 278 Intro to Perspectives in Physical Activity | 4         |
| KINE 308 Motor Development                          | 3         |
| KINE 324 Sports, Media and American Pop Cult (UD-D) | 4         |
| KINE 366 Applied Sport Psychology                   | 3         |
| RPTA 260 Comm Rel and Sport-Based Youth Dev         | 4         |
|   | <b>18</b> |

### EXERCISE SCIENCE CONCENTRATION

|  |           |
|--|-----------|
| HLTH 405 Stress, Health and Chronic Illness  | 4         |
| KINE 408 Exercise and Health Gerontology   | 3         |
| KINE 445 Electrocardiography   | 4         |
| KINE 449 Exer Prescription for Diseased and Special Populations  | 3         |
| <b>Approved Electives<sup>1</sup></b>  | 4         |
| Select from the following:<br>BMED/KINE/ME 409; HLTH/KINE 453; KINE 406, 446;<br>PHIL 339; PSY 311, 330. |           |
|  | <b>18</b> |

<sup>1</sup> Students seeking admission to graduate or professional degree programs in the allied health professions may need additional coursework. Please consult an advisor for assistance.