

Updated 3/6/2020

FRESHMAN			SOPHOMORE			JUNIOR			SENIOR		
Fall	Winter	Spring	Fall	Winter	Spring	Fall	Winter	Spring	Fall	Winter	Spring
Health Course KINE/HLTH 250, 255, or 260 (4)¹ [E]		Introduction to Cell and Molecular Biology BIO 161 (4) (Recom: CHEM 110, 111, 124, or 127) [B2 & B3]	Sport and Exercise Psychology KINE 266 (4) (GE Area A, Recom: PSY 201 or 202.)	Motor Learning and Control KINE 312 (4) (STAT 217 or 218)	Functional Anatomy KINE 301 (3) (PHYS 121; BIO 231 or 409)	Physiology of Exercise KINE 303 (4) (BIO 231; & 232 or 361. Recom: CHEM 128)	Pathophysiology and Exercise KINE 304 (3) (KINE 303)	Exercise Metabolism KINE 454 (3) (KINE 303; KINE 319; CHEM 216 or 312. Recom: CHEM 313)	Personal and Group Fitness Instruction KINE 459 (3) (KINE 301; KINE 303; KINE 312)	Managing Exercise, Health, and Sport Programs KINE 401 (3) (GE Areas D2 and E)	Choose one: Senior Project KINE 460, KINE 461, KINE 462, or KINE 463 (1) *
Orientation to Kinesiology KINE 180 (2)	General Chemistry for Agriculture and Life Science I CHEM 127 (4) * [B1]	General Chemistry for Agriculture and Life Science II CHEM 128 (4) (CHEM 127 or AP Chemistry score of 5)	Human Anatomy & Physiology I BIO 231 (5) (BIO 111 or 161; CHEM 110, 111, 124, 127, or PSC 102)	Human Anatomy & Physiology II BIO 232 (5) (BIO 111 or 161; CHEM 110, 111, 124, 127, or PSC 102)	Adapted Physical Activity KINE 307 (4) (Soph Standing & GE Areas B1 & B2)	Approved Elective (4)	Intro. to Research Methods in Kinesiology KINE 319 (4) (STAT 217 or 218)	Nutrition for Fitness and Sport KINE 451 (4) (KINE 250, 255 or 260; 303; 319. Recom: FSN 210 and CHEM 313)	Biomechanics KINE 403 (4) (KINE 301)	Approved Elective (4)	
Precalculus Trigonometry MATH 119 (4) * OR Calculus I MATH 141 (4) * [B4]	Applied Statistics for the Life Sciences STAT 218 (4) * [GE Elective]	GE (4) *		College Physics I PHYS 121 (4) (MATH 118 & high school trig, or MATH 119)	Choose one: Survey of Organic Chemistry CHEM 312 (5) (CHEM 125 or 128) OR Organic Chem I CHEM 216 (5) (CHEM 126 or 129)	Choose one:⁴ (4) *	Electro-cardiography KINE 445 (4) (KINE 303)	Exercise Testing & Prescription for Healthy Populations KINE 349 (4) (KINE 303. Recom: KINE 301)	Exercise and Health Gerontology KINE 408 (3) (Choose one: KINE 250, KINE 255, KINE 260; KINE 304)	Exercise Rx for Diseased & Special Pop. KINE 449 (3) (KINE 304; 349; 445; 459)	Stress, Health, and Chronic Illness HLTH 405 (4) (BIO 231; 232; HLTH 299 or KINE 304; HLTH 334 or KINE 266)
Expository Writing ENGL 133/134 (4) * Can be taken anytime during Freshman Year [A2]			GE (4) *								
Oral Communication COMS 101/102 (4) * Can be taken anytime during Freshman Year [A1]			GE (4) *	GE (4) *	GE (4) *	GE (4) *		GE (4) *	GE (4) *	GE (4) *	GE (4) *
	Reasoning, Argumentation, & Writing [A3] COMS 126; COMS/ENGL 145; ENGL 148; PHIL 126 (4) (Completion of GE A1 with a C- or better) Can be taken anytime between Winter of Freshman and Winter of Sophomore Years.						Free Elective (3-4)³				Free Elective (3-4)³
	Free Elective (1)²	Free Elective (1)²				Graduation Writing Requirement GWR* (Students can attempt to fulfill the requirement after 90 earned units; students should complete the requirement before senior year)					
14	13	17	17	17	16	16	14-15	15	14	14	12-13
										TOTAL:	180

Notes:

MOST GENERAL EDUCATION COURSES CAN BE TAKEN IN ANY ORDER AS LONG AS PREREQUISITES ARE MET

* Refer to current catalog for prerequisites.

*One course from each of the following GE areas must be completed: A1, A2, A3, Upper-Division B, C1, C2, Lower-Division C Elective, Upper-Division C, D1, D2, D2, Upper-Division D, and GE Electives. Upper-Division B, Upper-Division C, and Upper-Division D should be taken only after Junior standing is reached (90 units). Refer to online catalog for GE course selection and Graduation Writing Requirement (GWR).

¹ KINE 255 or 260 will satisfy the United States Cultural Pluralism requirement (USCP). If KINE 250 is taken, USCP can be fulfilled by some, but not all, courses in the following GE areas: Upper-Division B, C1, Upper-Division C, D1, D2, Upper-Division D.

² Consider taking Supplemental Workshops (SCM 150) to assist you with Math/Science courses. More information available at: sas.calpoly.edu

³ Students may have to complete additional coursework to satisfy admission requirements to graduate or professional degree programs in the allied health professions. Students interested in these programs should consult with the College of Science and Mathematics Advising Office (Building 53, Room 211) for information.

⁴Select one from the following: BMED/KINE/ME 409, HLTH/KINE 453, KINE 406, KINE 446, PHIL 339, PSY 311. PSY 330

Legend:

Course Title	
Course # (Units)	
(Prerequisite)	
[GE Area]	
	Major (62)
	Support (39)
	Concentration (18)
	General Ed. (52)
	Free Electives (9)