

Updated 5/27/2022

| FRESHMAN | | | SOPHOMORE | | | JUNIOR | | | SENIOR | | |
|---|---|---|--|---|---|--|--|--|---|--|--|
| Fall | Winter | Spring | Fall | Winter | Spring | Fall | Winter | Spring | Fall | Winter | Spring |
| Health Course HLTH 250, 255, or 260 (4)^{1,3} [E] | | Introduction to Cell and Molecular Biology BIO 161 (4)³ (Recom: CHEM 110, 124, or 127) [B2 & B3] | Sport and Exercise Psychology KINE 266 (4) (GE Area A w/min C- . 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) | Physical Activity and Public Health KINE 412 (3) (CRP 214, HLTH 298, or KINE 319. Recom: KINE 303) | Biomechanics KINE 403 (4) (KINE 301) | | 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)³ * [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)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) | Personal and Group Fitness Instruction KINE 459 (3) (KINE 301; KINE 303; KINE 312) | Approved Elective (4)⁴ | Managing Exercise, Health, and Sport Programs KINE 401 (3) (GE Areas D2 and E) |
| Choose one:³ Precalculus Trigonometry MATH 119 (4)* OR Calculus I MATH 141 (4)* [B4] | Applied Statistics for the Life Sciences STAT 218 (4)³ * [GE Elective] | GE (4) ** | College Physics I PHYS 121 (4) * | Choose one: O-Chem: Funds. & Apps. CHEM 312 (5) (CHEM 125 or 128) OR Organic Chem I CHEM 216 (5) (CHEM 126 or 129 w/min C- or Instr. Consent) | | | Exercise Testing & Prescription for Healthy Populations KINE 349 (4) (KINE 303. Recom: KINE 301) | Exercise and Health Gerontology KINE 408 (3) (Choose one: HLTH 250, HLTH 255, HLTH 260; KINE 304) | Electro-cardiography KINE 445 (4) (KINE 303) | Exercise Rx for Diseased & Special Pop. KINE 449 (3) (KINE 304; KINE 349; KINE 445. Recom: KINE 459) | Choose one:^{6,7} (4) * |
| Oral Communication COMS 101/102 (4)** [A1] Can be taken anytime during Freshman Year | | | | | | | | | | | |
| Expository Writing ENGL 133/134 (4)** [A2] Can be taken anytime during Freshman Year | | | GE (4) ** | | GE (4) ** | GE (4) ** | GE (4) ** | GE (4) ** | Exercise Metabolism KINE 454 (4) (KINE 303; KINE 319; CHEM 216 or 312. Recom: CHEM 313) | GE (4) ** | GE (4) ** |
| | Reasoning, Argumentation, & Writing [A3] COMS 126, 145, ENGL 145, 147, ES 145, PHIL 126, or WGQS 145 (4)** (Completion of GE A2 with a C- or better) Can be taken anytime between Winter of Freshman and Winter of Sophomore Years. | | | | GE (4) ** | Free Elective (3-4) | Graduation Writing Requirement GWR* (Students can attempt to fulfill the requirement after 90 earned units; students should complete the requirement before senior year) | | | Free Elective (3-4) | GE (4) ** |
| | Free Elective (1)² | Free Elective (1)² | | | | | | | | | |
| 14 | 13 | 17 | 17 | 14 | 15 | 15-16 | 15 | 14 | 15 | 14-15 | 16 |
| | | | | | | | | | | 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, Upper-Division D, F, and GE Elective. 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 HLTH 255 or 260 will satisfy the United States Cultural Pluralism requirement (USCP). If HLTH 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 Required in Major or Support; also satisfies General Education (GE) requirement.

⁴ 8 units required in Approved Electives. See catalog for options. If a course is taken to meet a Concentration requirement, it cannot be double-counted as an Approved E

⁵ 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.

⁶ 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 (Building 53, Room 211) for more information.

⁷ Select one from the following: HLTH 405, 453; BMED/KINE/ME 409; KINE 406, 446; PHIL 339; PSY 318, 320, 330, 405.

Legend:

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| Course Title | Major (62) |
| Course # (Units) | Support (39) |
| (Prerequisite) | Concentration (18) |
| [GE Area] | General Ed. (52) |
| | Free Electives (9) ⁵ |