

**Note: Up to 4 units of credit/no credit grading may be selected for courses in Major, Support, or Concentration.**

MAJOR COURSES			
KINE 180	Orientation to Kinesiology	2	
HLTH 250	Healthy Living (E) <sup>1</sup>	4	
or HLTH 255	Personal Health: A Multicultural Approach (E) <sup>1</sup>		
	USCP		
or HLTH 260	Women's Health Issues (E) <sup>1</sup> USCP		
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	Exercise Testing and Prescription for Healthy Populations	4	
KINE 401	Managing Exercise, Health & Sport Prgs	3	
KINE 403	Biomechanics	4	
KINE 412	Physical Activity and Public Health	3	
KINE 451	Nutrition for Fitness and Sport	4	
KINE 459	Personal and Group Fitness Instruction	3	
KINE 460	Experiential Senior Project	1	
or KINE 461	Senior Project Report		
or KINE 462	Research Honors Senior Project		
or KINE 463	Exer Sci & Health Promotion Fieldwork		
<b>Approved Electives</b> <sup>2,3,5</sup>		8	
Select from the following:			
BIO 162	FSN 310	KINE 323	PSY 302
BIO 253	FSN 315	KINE 400	PSY 310
BIO 305	FSN 415	KINE 406	PSY 318
CHEM 129	FSN 416	KINE 409	PSY 320
CHEM 217	HLTH 297	KINE 446	PSY 340
& CHEM 220	HLTH 305	PHYS 122	PSY 350
CHEM 314	HLTH 320	PHYS 123	RPTA 160
COMS 211	IME 320	PSY 201	RPTA 255
COMS 213	KINE 181	or PSY 202	RPTA 275
COMS 301	KINE 201	PSY 252	RPTA 450
COMS 316	KINE 308	PSY 256	
Select one concentration <sup>4,5</sup>		18	
<b>Total Major Units</b>		<b>80</b>	

SUPPORT COURSES			
BIO 161	Intro to Cell & Molecular Bio (B2 & B3) <sup>1</sup>	4	
BIO 231	Human Anatomy and Physiology I	5	
BIO 232	Human Anatomy and Physiology II	5	
CHEM 127	Gen Chem for Ag & Life Science I (B1) <sup>1</sup>	4	
CHEM 128	Gen Chem for Ag & Life Science II	4	
CHEM 312	Survey of Organic Chemistry	5	
or CHEM 216	Organic Chemistry I		
MATH 119	Precalculus Trigonometry (B4) <sup>1</sup>	4	
or MATH 141	Calculus I		
PHYS 121	College Physics I	4	
STAT 218	Applied Stas for Life Sci (GE Electives) <sup>1</sup>	4	
<b>Total Support Units</b>		<b>39</b>	

GENERAL EDUCATION		
<b>Area A English Language Communication &amp; Critical Thinking</b>		
A1	Oral Communication	4
A2	Written Communication	4
A3	Critical Thinking	4
<b>Area B Scientific Inquiry and Quantitative Reasoning</b>		
B1	Physical Science (4 units in Support) <sup>1</sup>	0
B2	Life Science (4 units in Support) <sup>1</sup>	0
B3	One lab taken with either a B1 or B2 course	
B4	Math/Quant Reasoning (4 units in Support) <sup>1</sup>	0
Upper-Division B		4
<b>Area C Arts and Humanities</b>		
<i>Lower-division courses must come from 3 different subject prefixes.</i>		
C1	Arts	4
C2	Humanities <sup>6</sup>	4
Lower-Division C Elective - Select from either C1 or C2		4
Upper-Division C		4
<b>Area D Social Sciences</b>		
<i>Select courses from at least two different prefixes</i>		
D1	American Institutions (Title 5/40404 Req)	4
D2	Lower-Division D	4
Upper-Division D		4
<b>Area E Lifelong Learning and Self-Development</b>		
Lower-Division E (4 units in Major) <sup>1</sup>		0
<b>Area F Ethnic Studies</b>		
F	Ethnic Studies	4
<b>GE Electives in Areas B, C, and D</b>		
<i>Select from two different areas; may be lower- or upper-division courses.</i>		
GE Electives (4 units of Area B in Support) <sup>1</sup>		0
GE Electives (Area C or D)		4
<b>Total GE Units</b>		<b>52</b>
<b>FREE ELECTIVES</b> <sup>5</sup>		<b>9</b>
<b>TOTAL DEGREE UNITS</b>		<b>180</b>

#### FOOTNOTES

<sup>1</sup> Required in Major or Support; also satisfies General Education (GE) requirement.

<sup>2</sup> If a course is taken to meet a Concentration requirement, it cannot be double-counted as an Approved Elective.

<sup>3</sup> Maximum of 4 units may be applied toward Approved Electives from: KINE 201, KINE 400.

<sup>4</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>5</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>6</sup> It is recommended that students pursuing the Sport Science concentration take PHIL 230 or PHIL 231 to fulfill GE Area C2.



Exercise Science Concentration		
KINE 408	Exercise and Health Gerontology	3
KINE 445	Electrocardiography	4
KINE 454	Exercise Metabolism	4
KINE 449	Exercise Prescription for Diseased and Special Populations	3
Select from the following: <sup>1</sup>		4
BMED/KINE/ME 409	Interdisciplinary Study in Biomechanics	
HLTH 405	Stress, Health and Chronic Illness	
HLTH 453	Obesity Prevention and Treatment	
KINE 406	Neuroanatomy	
KINE 446	Echocardiography	
PHIL 339	Biomedical Ethics	
PSY 318	Psychology of Aging	
PSY 320	Health Psychology	
PSY 330	Behavioral Effects of Psychoactive Drugs	
PSY 405	Abnormal Psychology	
<b>Total Units</b>		<b>18</b>

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

Sport Science Concentration		
KINE 278	Intro to Perspectives in Physical Activity	4
KINE 308	Motor Development	3
KINE 324	Sports, Media & American Popular Culture	4
KINE 366	Applied Sport Psychology	3
RPTA 260	Community Relations and Sports-Based Youth Development	4
<b>Total Units</b>		<b>18</b>

Health Promotion Concentration		
HLTH 265	Intro to Community & Public Health	3
HLTH 298	Intro to Epidemiology	4
HLTH 334	Health Behavior Theory	3
Select from the following:		8
HLTH 305	Drugs in Society	
HLTH 320	Media and Technology in Health Promotion	
HLTH 405	Stress, Health and Chronic Illness	
HLTH 410	Global Health	
HLTH 434	Health Promotion Program Planning	
HLTH 450	Worksite & Univ Health Promotion Prgrms	
HLTH 453	Obesity Prevention and Treatment	
<b>Total Units</b>		<b>18</b>