



FALL 2023 SUGGESTED COURSES

Kinesiology (KINE)

Course Load

As you adjust to the quarter system and/or a new environment, we recommend enrolling in **12-16 units**, with no more than 3 labs.

You can determine if your course has a lab in the course description. All course descriptions, including prerequisites, can be found in the [Cal Poly Catalog](#).

Course Suggestions

MAJOR

- KINE 266: Sport and Exercise Psychology (4 units)
- KINE 301: Functional Anatomy (3 units) or
- KINE 303: Physiology of Exercise (4 units) – *strongly encouraged*
- KINE 307: Adapted Physical Activity (4 units)
- KINE 319: Introduction to Research Methods in Kinesiology (4 units)
- KINE 312: Motor Learning and Control (4 units)

CONCENTRATION

Concentration course selection will depend on your chosen concentration.

- If you are planning to declare the **Health Promotion Concentration**, take **HLTH 265**: Introduction to Community and Public Health (3 units)
- If you are planning to declare the Sport Science Concentration, take **KINE 308** – Motor Development (3 units)

It's a good idea to consult advisors about your elective choices, especially if you plan to pursue graduate studies. If you have a health career objective, please consult with Pre-Health Advisors in CSM Student Services.

Pay special attention to the footnotes on your curriculum sheet. If an elective course is also a GE, it can be used to fulfill both elective and GE requirements.

SUPPORT

- If needed, BIO 231 and/or BIO 232 (5 units each)
 - You cannot receive partial transfer credit at Cal Poly for Anatomy or Physiology courses. You must have taken both courses at a community college, or plan to take both courses at Cal Poly.
- If needed, complete any of the remaining support courses.



GENERAL EDUCATION

If needed, complete any remaining lower-division GE courses. Otherwise, select an upper-division GE course from area B, C, or D. Some GE courses may also be used to satisfy concentration or elective requirements.

Other Graduation Requirements

GWR

The Graduation Writing Requirement (GWR) must be fulfilled by enrolling in a GWR-certified, upper-division course OR by completing a GWR Portfolio. For more info on the GWR, visit

<https://writingandlearning.calpoly.edu/GWR>

- To find out which classes can satisfy the GWR, select "Expand Filters" in the upper right-hand corner of the Schedule Builder screen and search by GWR.

USCP

Students must satisfy the United States Cultural Pluralism (USCP) requirement

- To find out which classes can satisfy the USCP, select "Expand Filters" in the upper right-hand corner of the Schedule Builder screen and search by USCP.

Additional Information

PERMISSION NUMBERS

If you need a permission number for a particular class, please contact the instructor for that class section.

DEPARTMENT CONTACT INFO

- Location: [Building 43A \(Kinesiology\), Room 458](#)
- Website: kinesiology.calpoly.edu
- Email: kinesiology@calpoly.edu
- 805-756-2545

CSM STUDENT SERVICES CONTACT INFO

- Location: [Building 53 \(Science North\), Room 211](#)
- Websites: csmadvising.calpoly.edu and prehealth.calpoly.edu
- Email: csmadvising@calpoly.edu and prehealth@calpoly.edu
- 805-756-2615