

FALL 2026 SUGGESTED COURSES**Kinesiology (KINE)**

Course Load

As you adjust to Cal Poly and/or a new environment, we recommend enrolling in **12-15 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 2266:** Sport and Performance Psychology (3 units)
- **KINE 3303:** Physiology of Exercise (4 units) – *strongly encouraged*
- **KINE 3307:** Adapted Physical Activity (3 units)
- **KINE 3312:** Motor Learning (3 units)
- **KINE 3319:** Introduction to Research Methods in Kinesiology (4 units)
- Choose one of the following:
 - **KINE 3323: Sport and Gender** (3 units) – also satisfies GE UD Area 4, Graduation Writing Requirement and United States Cultural Pluralism
 - **KINE 3324: Sports, Media, and United States Popular Culture** (3 units) – also satisfies GE UD Area 4, Graduation Writing Requirement and United States Cultural Pluralism
 - **KINE 3325: Sport and Physical Activity Throughout Civilizations** (3 units) – also satisfies GE UD Area 3 and Graduation Writing Requirement

CONCENTRATION

Concentration course selection will depend on your chosen concentration.

- If you are planning to declare the **Exercise Science Concentration**, take **KINE 3330:** Group Exercise and Personal Training or an approved concentration elective
- If you are planning to declare the **Health Promotion Concentration**, take **KINE 4401:** Leadership in Health and Physical Activity Programs or **HLTH 2261:** Social Determinants of Health
- If you are planning to declare the **Sport Science Concentration**, take **KINE 3325:** Sport and Physical Activity Throughout Civilizations
- **KINE 3382:** Psychological Aspects of Injury in Sport and Physical Activity (3 units) is an approved elective for all concentrations that will count as GE Upper Division 4.

It's a good idea to consult advisors about your elective choices, especially if you plan to pursue graduate studies or if you are interested in a health professions career. Pay special attention to course descriptions and the footnotes on your curriculum sheet. Courses used in the core of a major cannot also be used toward a concentration/elective. However, if a major/support/concentration/elective course is also a GE, it can be used to fulfill both requirements.



SUPPORT

- If needed, **PHYS 1121**: General Physics I (4 units)
- If needed, **BIO 2231**: Human Anatomy and Physiology I and/or **BIO 2232**: Human Anatomy and Physiology II (4 units each)
 - You cannot receive partial transfer credit at Cal Poly for the Bio 2231 and 2232 series. You must have received transfer credit for both courses or plan to take both courses at Cal Poly.
- If needed, complete any remaining support courses.

GENERAL EDUCATION

If needed, complete any remaining lower-division GE courses. Otherwise, select an upper division 2/5 GE course.

Other Graduation Requirements

GWR

[The Graduation Writing Requirement \(GWR\)](#) must be fulfilled by enrolling in a [GWR-certified course](#) or by completing a [GWR Portfolio](#). **Please note** that completion of KINE 3323 (GE UD Area 4; USCP) or Kine 3324 (GE UD Area 4; USCP) or KINE 3325 (GE UD Area 3) will satisfy the GWR.

USCP

Students must satisfy the [United States Cultural Pluralism \(USCP\)](#) requirement. Please [click here](#) for a list of USCP courses in the Cal Poly catalog. **Please note** that completion of KINE 3323 (GE UD Area 4; GWR) or Kine 3324 (GE UD Area 4; GWR) will satisfy the USCP requirement.

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

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

BAILEY COLLEGE STUDENT SERVICES CONTACT INFO

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