

# KINESIOLOGY (BS)

## Degree Requirements and Curriculum

In addition to the program requirements listed on this page, students must also satisfy requirements outlined in more detail in the Minimum Requirements for Graduation (<https://catalog.calpoly.edu/academic-standards-policies/general-requirements-bachelors-degree/#generaleducationtext>) section of this catalog, including:

- 40 units of upper-division courses
- 2.0 GPA
- Graduation Writing Requirement (GWR)
- U.S. Cultural Pluralism (USCP)

Note: Up to 4 units of credit/no credit grading may be selected for courses in Major, Support, or Concentration. In addition, no more than 12 units of cooperative or internship courses can count towards your degree requirements.

Code	Title	Units
<b>MAJOR COURSES</b>		
KINE 1180	Introduction to Kinesiology	1
Select from the following: (4B) <sup>1</sup>		3
HLTH 1155	Multicultural Perspectives and Health	
HLTH 1160	Women's Health and Society	
KINE 2266	Sport and Performance Psychology	3
KINE 3303	Physiology of Exercise	4
KINE 3307	Adapted Physical Activity	3
KINE 3312	Motor Learning	3
KINE 3319	Introduction to Research Methods in Kinesiology	4
Select from the following: <sup>2</sup>		3
KINE 3323	Sport and Gender	
KINE 3324	Sports, Media, and United States Popular Culture	
KINE 3325	Sport and Physical Activity Throughout Civilizations	
KINE 4403	Biomechanics	4
KINE 4412	Physical Activity and Public Health	3
KINE 4451	Nutrition for Fitness and Sport	4
Select from the following:		2
KINE 4460	Senior Project - Experiential	
KINE 4461	Senior Project - Report	
KINE 4462	Senior Project - Research	
KINE 4463	Senior Project - Internship	
<b>Concentration</b>		
(See list of Concentrations below)		17-18
<b>SUPPORT COURSES</b>		
BIO 1151	Life: Molecules and Cells (5B & 5C) <sup>1</sup>	4
BIO 2231	Human Anatomy and Physiology I	4
BIO 2232	Human Anatomy and Physiology II	4
CHEM 1120	Fundamentals of Chemical Structure and Properties (5A) <sup>1</sup>	4
Select from the following: (2) <sup>1</sup>		3-4
MATH 1007	Precalculus	
MATH 1261	Calculus I	
PHYS 1121	College Physics I	4
STAT 1110	Applied Statistical Concepts and Methods	3
<b>GENERAL EDUCATION (GE)</b>		
(See GE program requirements below)		30
<b>FREE ELECTIVES</b>		

Free Electives <sup>3</sup>	8-10
<b>Total Units</b>	<b>120</b>

- <sup>1</sup> Required in Major or Support; also satisfies General Education (GE) requirement.
- <sup>2</sup> KINE 3325 is required in the Sport Science concentration. A course taken to fulfill a major course requirement cannot be double-counted in the concentration.
- <sup>3</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.

**Concentrations**
**Exercise Science**

<b>Code</b>	<b>Title</b>	<b>Units</b>
<b>REQUIRED COURSES</b>		
KINE 3330	Group Exercise and Personal Training	2
KINE 3349	Exercise Testing and Prescription	3
KINE 4404	Clinical Exercise Physiology	4
KINE 4406	Motor Control	3
Select from the following:		6
KINE 2278	Introduction to Athletic Training	
KINE 3378	Prevention and Care of Athletic Injuries	
KINE 3382	Psychological Aspects of Injury in Sport and Physical Activity	
KINE 4400	Special Problems for Advanced Undergraduates	
KINE 4401	Leadership in Health and Physical Activity Programs	
KINE 4408	Physical Activity and Aging	
KINE 4409	Interdisciplinary Projects in Biomechanics	
KINE 4445	Cardiopulmonary Physiology and Assessment	
KINE 4448	Exercise Science Seminar	
<b>Total Units</b>		<b>18</b>

## Health Promotion

Code	Title	Units
<b>REQUIRED COURSES</b>		
HLTH 2261	Social Determinants of Health	3
HLTH 4434	Health Promotion Program Planning	4
KINE 4401	Leadership in Health and Physical Activity Programs	3
Select from the following:		8
HLTH 2200 or HLTH 2281 or HLTH 4400	Special Problems for Undergraduates Health Ambassadors Special Problems for Advanced Undergraduates	
HLTH 3305	Drugs in Society	
HLTH 3310	Injury Prevention	
HLTH 3318	Applied Epidemiology	
HLTH 4435	Health Promotion Program Implementation and Evaluation	
KINE 3349	Exercise Testing and Prescription	
KINE 3382	Psychological Aspects of Injury in Sport and Physical Activity	
KINE 4404	Clinical Exercise Physiology	
KINE 4408	Physical Activity and Aging	
SCM 3301	Application Strategies and Preparation for Health Profession Programs	
SCM 3363	Pre-Health Shadowing Fieldwork	
<b>Total Units</b>		<b>18</b>

## Sport Science

Code	Title	Units
<b>REQUIRED COURSES</b>		
KINE 3325	Sport and Physical Activity Throughout Civilizations <sup>1</sup>	3
KINE 3330	Group Exercise and Personal Training	2
KINE 3366	Applied Sport and Performance Psychology	3
KINE 4401	Leadership in Health and Physical Activity Programs	3
Select from the following:		6
COMS 3387	Sports Communication	
EIM 2260	Community Relations and Sports-Based Youth Development	
KINE 2278	Introduction to Athletic Training	
KINE 3349	Exercise Testing and Prescription	
KINE 3378	Prevention and Care of Athletic Injuries	
KINE 3382	Psychological Aspects of Injury in Sport and Physical Activity	
KINE 4404	Clinical Exercise Physiology	
KINE 4408	Physical Activity and Aging	
KINE 4448	Exercise Science Seminar	
<b>Total Units</b>		<b>17</b>

<sup>1</sup> KINE 3325 is required in the Sport Science concentration. A course taken to fulfill a major course requirement cannot be double-counted in the concentration.

**General Education (GE) Requirements**
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- 43 units required, 13 of which are specified in Major and/or Support.
- If any of the remaining 30 Units 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.
- See the complete GE course listing (<https://catalog.calpoly.edu/academic-standards-policies/general-requirements-bachelors-degree/#generaleducationtext>).
- A grade of C- or better is required in one course in each of the following GE Areas: 1A (English Composition), 1B (Critical Thinking), 1C (Oral Communication), and 2 (Mathematics and Quantitative Reasoning).

**Lower-Division General Education**

<b>Area 1</b>	<b>English Communication and Critical Thinking</b>	
1A	Written Communication	3
1B	Critical Thinking	3
1C	Oral Communication	3
<b>Area 2</b>	<b>Mathematics and Quantitative Reasoning</b>	
2	Mathematics and Quantitative Reasoning (3 units in Support) <sup>1</sup>	0
<b>Area 3</b>	<b>Arts and Humanities</b>	
3A	Arts	3
3B	Humanities: Literature, Philosophy, Languages other than English	3
<b>Area 4</b>	<b>Social and Behavioral Sciences (Area 4 courses must come from at least two different course prefixes.)</b>	
4A	American Institutions (Title 5, Section 40404 Requirement)	3
4B	Social and Behavioral Sciences (3 units in Major) <sup>1</sup>	0
<b>Area 5</b>	<b>Physical and Life Sciences</b>	
5A	Physical Sciences (3 units in Support) <sup>1</sup>	0
5B	Life Sciences (3 units in Support) <sup>1</sup>	0
5C	Laboratory (may be embedded in a 5A or 5B course) (1 units in Support) <sup>1</sup>	0
<b>Area 6</b>	<b>Ethnic Studies</b>	
6	Ethnic Studies	3
<b>Upper-Division General Education</b>		
Upper-Division 2/5	Mathematics and Quantitative Reasoning or Physical and Life Sciences	3
Upper-Division 3	Arts and Humanities	3
Upper-Division 4	Social and Behavioral Sciences (Area 4 courses must come from at least two different course prefixes.)	3
<b>Total Units</b>		<b>30</b>

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