FALL 2024 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 312: Motor Learning and Control (4 units)
- KINE 319: Introduction to Research Methods in Kinesiology (4 units)

SUPPORT
- If needed, PHYS 121 (4 units)
- 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

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 324*: Sports, Media and American Popular Culture (4 units)
- KINE 382*: Psychological Aspects of Injury in Sport and Physical Activity (4 units) is an approved elective for all concentrations that will count as a GE.

*GE Area D Upper Division will be satisfied through completion of Kine 324 or Kine 382

APPROVED ELECTIVE
It’s a good idea to consult advisors about your choices, especially if you plan to pursue graduate studies. If you have a health career objective, please consult with Pre-Health Advisors in BCSM Student Services.
Pay special attention to course descriptions and the footnotes on your curriculum sheet. Courses used in the core of the major cannot also be used in the concentration. However, if a concentration/approved elective course is also a GE, it can be used to fulfill both concentration/approved elective and GE requirements.

**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 elective or concentration requirements.

*GE Area D Upper Division will be satisfied through completion of **Kine 324** or **Kine 382**

**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](https://writingandlearning.calpoly.edu/GWR)

- To see which classes can satisfy the GWR, select "Graduation Writing Requirement" in the Section Filters, then review courses by Subject and Catalog Number in Course Selection.

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

- To see which classes can satisfy the USCP, select "US Cultural Pluralism" in the Section Filters, then review courses by Subject and Catalog Number in Course Selection.

**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](http://kinesiology.calpoly.edu)
- Email: [publichealth@calpoly.edu](mailto:publichealth@calpoly.edu)
- 805-756-2545

**BCSM STUDENT SERVICES CONTACT INFO**

- **Building 53 (Science North), Room 211**
- [csmadvising.calpoly.edu](http://csmadvising.calpoly.edu) and [prehealth.calpoly.edu](http://prehealth.calpoly.edu)
- [bcsmadvising@calpoly.edu](mailto:bcsmadvising@calpoly.edu) and [prehealth@calpoly.edu](mailto:prehealth@calpoly.edu)
- 805-756-2615