

2011-13 Cal Poly Catalog**Kinesiology Department****BS KINESIOLOGY**

- ☐ 60 units upper division ☐ GWR
☐ 2.0 GPA ☐ USCP

* = Required in Major; also satisfies GE

Course sequencing: See flowcharts at

www.csmadvising.calpoly.edu

MAJOR COURSES

KINE 180 Orientation to Kinesiology	3
KINE 181 First Aid/CPR/AED	1
KINE 208-229 Professional Activity.....	1
KINE 230 Aquatic Fitness Activities	1
KINE 231 Leading Group Fitness Activities.....	2
KINE 250 Health Education (D4)* or KINE 255 Personal Health: A Multicultural Approach (D4)* (USCP) or KINE 260 Women's Health Issues (D4)* (USCP)	4
KINE 265 Intro to Community Health Issues.....	4
KINE 266 Intro to Psycho/Social Aspects of Physic Act	4
KINE 298 Chronic and Communicable Disease Prevention	4
KINE 301 Functional Muscle Anatomy	2
KINE 302 Biomechanics	4
KINE 303 Physiology of Exercise.....	4
KINE 304 Pathophysiology of Exercise.....	3
KINE 311 Strength Training Instruction	1
KINE 319 Intro to Research Methods in Kine	4
KINE 320 Media and Technology in Science and Human Performance	4
KINE 402 Motor Learning and Control	4
KINE 407 Adapted Physical Activity.....	4
KINE 408 Exercise and Health Gerontology	4
KINE 434 Health Promotion Program Planning I....	4
KINE 449 Exercise Prescription and Leadership	4
KINE 451 Nutrition for Fitness and Sport.....	3
KINE 452 Testing and Exercise Prescription for Fitness Specialists	4
KINE 453 Lifestyle Prescriptions for Wellness	3
KINE 460/KINE 461/KINE 462 Senior Project	1-4
KINE 463 Exercise Science and Health Promotion Fieldwork	1-3
BIO 111 General Biology or BIO 161 Intro to Cell and Molecular Biology (B2&B4).....	4
CHEM 111 Survey of Chemistry (5) or CHEM 127 General Chemistry I (4) (B3&B4).....	4-5
FSN 210 Nutrition	4
MATH 119 Pre-Calculus Trigonometry (B1)*	4
PHYS 121 College Physics I.....	4
STAT 217 Intro to Statistical Concepts and Methods or STAT 218 Applied Statistics-Life Sciences (B1)*	4

ZOO 331, 332 Human Anatomy & Physiol I, II (transfer equivalent ZOO 231, 232)	5,5
¹ Approved elective (<i>select one</i>).....	3-4
KINE 308, 406, 446, 454	
Professional track preparation courses (select one of the following tracks).....	10-11
² Exercise Science	
KINE 308, 401, and 445	
³ Health Promotion	
KINE 305, 435, and 450	

125-133**GENERAL EDUCATION (GE)**

72 units required, 20 of which are specified in Major.

→See page 39 for complete GE course listing.

→Minimum of 12 units required at the 300 level.

Area A Communication (12 units)

A1 Expository Writing	4
A2 Oral Communication	4
A3 Reasoning, Argumentation, and Writing	4

Area B Science and Mathematics (no add'l units req'd)

B1 Mathematics/Statistics * 8 in Major	0
B2 Life Science * 4 in Major	0
B3 Physical Science * 4 in Major	0
B4 One lab taken with either a B2 or B3 course	

Area C Arts and Humanities (20 units)

C1 Literature	4
C2 Philosophy	4
C3 Fine/Performing Arts	4
C4 Upper-division elective	4
Area C elective (Choose one course from C1-C4)	4

Area D/E Society and the Individual (16 units)

D1 The American Experience (40404)	4
D2 Political Economy	4
D3 Comparative Social Institutions	4
D4 Self Development (CSU Area E) * 4 in Major	0
D5 Upper-division elective (not in KINE)	4

Area F Technology Elective (upper division) (4 units)**52****FREE ELECTIVES****0-3****180**

¹ KINE majors should select one course from these approved electives in consultation with their academic advisor.

² Students who are interested in pursuing American College of Sports Medicine (ACSM) Certification should follow this track.

³ Students who are interested in pursuing Certified Health Education Specialist (CHES) Certification should follow this track.