

BS in Kinesiology - *Option in Fitness*  
Major Requirements Worksheet  
2023-2024 Catalog

Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

All KIN courses are blocked to declared majors only (not pre-majors) unless otherwise specified in the prerequisites column

Grade	Course Number & Title (units)	Prerequisite†
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Complete ALL of the following core courses:

	KIN 201: Introduction to Kinesiology (3)	open to KIN and Pre-KIN majors
	KIN 300: Biomechanics of Human Movement (3) GE Area: UD B	a 'C' or better in BIOL 208 corequisite: KIN 201
	KIN 301: Exercise Physiology (3)	a 'C' or better in BIOL 207 corequisite: KIN 201
	KIN 312: Motor Control & Learning (3)	a 'C' or better in all of the following: BIOL 207, BIOL 208 corequisite: KIN 201
	KIN 332: Sociocultural Dimensions of Sport & Human Movement (3) GE Area: Writing Intensive	GPE score of 11+ or portfolio course: open to Pre-KIN majors; corequisite: KIN 201

Complete ALL of the following lower division courses:

	BIOL 207: Human Physiology (4) GE Area: B2/B3	B4 and one GE A category
	BIOL 208: Human Anatomy (4)	a 'C' or better in one of the following: ART 372, BIOL 201, BIOL 205, BIOL 207, BIOL 212, BIOL 311, CHEM 140, or DANC 261
	NUTR 132: Introductory Nutrition (3) GE Area: B2 or E	corequisite: one GE foundation course
	PSY 100: General Psychology (3) GE Area: D3	GE composition ready
	KIN 218: Professional Development in the Fitness Industry (2)	open to Pre-KIN: FIT majors
	KIN 263: Techniques of Physical Fitness (2)	open to Pre-KIN majors
	<b>ONE (1) of the following:</b> HDEV 190/PSY 110/SOC 170 Elementary Statistics (4) GE Area: B4 STAT 108: Statistics for Everyday Life (3) GE Area: B4 STAT 118: Introductory Business Statistics (3) GE Area: B4	appropriate math placement

Complete 4 units from the following physical activity courses:

Grade	Course Number & Title (units)	Grade	Course Number & Title (units)
	KIN 100A: Archery* (1)		KIN 151A: Weight Training & Conditioning (1)
	KIN 102A: Badminton (1)		KIN 152A: Yoga (1)
	KIN 104A: Bowling* (1)		KIN 152C: Yoga II (1)
	KIN 106A: Fencing-Foil (1)		KIN 161A: Basketball (1)
	KIN 108A: Golf (1)		KIN 162A: Beach Volleyball (1)
	KIN 109A: Fitness Walking (1)		KIN 165A: Flag Football (1)
	KIN 114A: Tennis - <i>beginning</i> (1)		KIN 167A: Soccer (1)
	KIN 114B: Tennis - <i>intermediate</i> (1)		KIN 168A: Ultimate Frisbee (1)
	KIN 115A: Table Tennis (1)		KIN 169A: Softball (1)
	KIN 124A: Surfing (1)		KIN 172A: Volleyball - <i>beginning</i> (1)
	KIN 125A: Swimming (1)		KIN 172B: Volleyball - <i>intermediate</i> (1)
	KIN 126A: Swimming Conditioning (1)		KIN 183A: Recreational Dance Workshop (1)
	KIN 127A: Aqua Aerobics (1)		KIN 185: Social Dance (1)
	KIN 142: Group Exercise: Cardio (1)		KIN 187: Swing Dancing (1)
	KIN 142B: Group Exercise: Bootcamp (1)		KIN 188: Salsa (1)
	KIN 143: Individual Conditioning (1)		KIN 189: Country Dancing (1)
	KIN 146A: Jogging (1)		KIN 198J: Mat Pilates Level I (1)
	KIN 148A: Karate (1)		KIN 198L: Stretch & Relaxation (1)
	KIN 149A: Self Defense (1)		

\*course fee may be required

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Complete ALL of the following upper division courses:

*GE Foundations; upper division standing  
open to Pre-KIN majors*

*KIN 263*

*KIN 301*

*KIN 300, 301, 312, and 339*

*KIN 300, 301*

*KIN 368*

*KIN 368, 467; please see CHHS Advising for  
questions about taking 467 and 411 together*