

BS in Kinesiology - *Option in Fitness*
Major Requirements Worksheet
2024-2025 Catalog

Name: _____

Student ID: _____

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

Grade

Prerequisites†

Complete ALL of the following common core courses:

40-41 Units

appropriate math placement

B4 and one GE A category

a 'C' or better in one of the following: ART 372, BIOL 201, BIOL 205, BIOL 207, BIOL 212, BIOL 311, CHEM 140, DANC 261, or MICR 200

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

34 Units

open to Pre-KIN: FIT 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

KIN 412: Fitness & Wellness Coaching (3)

KIN 339

KIN 368

NUTR 132; KIN 301

*KIN 363, 368; **spring only***

*150 hours in a corporate fitness setting; 150 hours in a commercial setting; 150 hours in a special population setting; 50 hours of approved fitness experience; department consent; see catalog for full details
corequisite: KIN 467*

Complete 3 units from the following FIT elective courses:

3 Units

not open for credit to students with credit in KIN 207 and ATEP 207

NUTR 132 or BIOL 207 or BIOL 301 or GERN 400

*BIOL 208; Open to pre-KIN majors; **Fall Only***

KIN 300, 301

KIN 300, 301, 312, and 339

KIN 363, KIN 368

† Prerequisites are subject to change; consult the University Catalog (www.csulb.edu/catalog) for the most recent updates

* These courses may only be taken as an elective course if not used for upper-division required course

GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at <https://www.csulb.edu/general-A> 'C' or better is required in all courses

Total units required for FIT option: 80-81