

BS in Kinesiology - *Option in Fitness*
Major Requirements Worksheet
2022-2023 Catalog

Name: _____

Student ID: _____

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

Grade

NeedNe

KIN 104A: Bowling* (1)
KIN 106A: Fencing-Foil (1)
KIN 108A: Golf (1)
KIN 109A: Fitness Walking (1)
KIN 114A: Tennis - *beginning* (1)
KIN 114B: Tennis - *intermediate* (1)
KIN 115A: Table T

KIN 165A: Flag Football (1)
KIN 167A: Soccer (1)
KIN 168A: Ultimate Frisbee (1)

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| Grade | Course Number & Title (units) | Need to Take | Prerequisites† |
|-------|-------------------------------|--------------|----------------|
|-------|-------------------------------|--------------|----------------|

Complete ALL of the following upper division courses:

| | | | |
|--|--|----------------------------------|--|
| KIN 363: Theory & Analysis of Group Fitness Instruction (2) | | KIN 263 | |
| KIN 364: Fitness for Adult Populations with Unique Health Considerations (3) | | KIN 301 | |
| KIN 367: Fitness & the Aging Process (3) | | KIN 300, 301, 312, and 339 | |
| KIN 368: Resistance Training for Fitness (3) | | KIN 300, 301 | |
| KIN 410: Corrective Exercise Training in Fitness (3) | | KIN 368 | |
| KIN 411: Advanced Program Design for Fitness & Performance (3) | | KIN 368, 467 | |
| KIN 412: Fitness & Wellness Coaching (3) | | KIN 339 | |
| KIN 467: Advanced Topics in Fitness & Wellness (3) | | KIN 368 | |
| KIN 468: Nutrition for Exercise & Performance (3) | | NUTR 132; KIN 301 | |
| KIN 469: Fitness Management (3) | | KIN 363, 368; spring only | |
| KIN 489D: Fieldwork in Fitness (3) | | | <i>200 hours in a traditional fitness setting; 200 hours in a special populations setting; 100 hours of other approved experience; department consent corequisite: KIN 467</i> |

Complete 6 units from the following FIT elective courses:

| | | | |
|--|--|--|---|
| ATEP 207: Prevention & Care of Athletic Injuries (3) | | | |
| GERN 439/NUTR 439: Nutrition and Aging (3) | | | <i>NUTR 132 or BIOL 207 or BIOL 301 or GERN 400</i> |
| | | | <i>KIN 300, 301, 312, and 339</i> |

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

9 GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at www.csulb.edu/ge

9 A 'C' or better is required in all courses

9 Total units required for FIT option: 81-82