

**Kinesiology (B.S.)**  
Option: Health Science

Student Name: \_\_\_\_\_ ID# \_\_\_\_\_ Grad Term: \_\_\_\_\_

- It is highly recommended that you meet with your faculty advisor at least once a year.
- All non-articulated courses MUST be approved and submitted by a faculty advisor.
- All courses used for the major must be completed with a grade of C (2.0) or better.
- Minimum of 40 units of upper division coursework must be completed (CSUSM + any other 4 year institutions)
- 30 residency units must be completed at CSUSM
- 18 upper division units in the major must be completed at CSUSM. (Title V only requires 12, the 18 being designated by KINE Dept)
- 24 upper division units must be completed at CSUSM

**PREPARATION FOR THE MAJOR (28 UNITS)**

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Me t	peti tion
BIOL 104 - Human Biology ( <i>no prerequisite</i> ) OR BIOL 160 - Microbiology for Health Sciences	4								
BIOL 175 - Intro to Anatomy/Physiology I	4								
BIOL 176 - Intro to Anatomy/Physiology II	4								
CHEM 100/100L - Organic & Biochemistry of Life	5								
KINE 200 - First Aid and Safety	1								
KINE 201 - CPR and AED	1								
KINE 202 - Intro to Physical Education and Kinesiology	3								
KINE 204 - Techniques & Analysis of Fitness/Weight Training	3								
PSYC 100 - Introduction to Psychology	3								

**UPPER DIVISION CORE REQUIREMENTS (35 UNITS):**

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Me t	peti tion
KINE 301 - Motor Control & Learning (Prerequisites: BIOL 175, 176, KINE 202)	3								
KINE 306 - Exercise, Fitness and Health	3								
KINE 316 - Stress Management	3								
KINE 326 - Introduction to Exercise Physiology (Prerequisites: BIOL 175, 176)	4								
KINE 336 - Nutrition, Health, and Human Performance	3								
KINE 403 - Measurement & Evaluation in Kinesiology (Prerequisites: KINE 204, B4 Math requirement)	3								
KINE 404 - Introduction to Epidemiology (Prerequisite: KINE 403)	3								
KINE 405 - Health & Drug Education (Prerequisites: KINE 202, PSYC 100)	3								
SOC 314 - Health and Society	4								
NURS 370 - Health Promotion & Patient Education Strategies	3								
KINE 495 - Internship in Kinesiology	3								

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**UPPER DIVISION ELECTIVE (6 UNITS):**

**MAJOR ELECTIVE COURSES COUNTED FOR UPPER DIVISION ELECTIVE.**

CHOOSE TWO (2) OF THE FOLLOWING

- Any additional 300- or 400-level KINE course (3)
- PHIL 345 – Bioethics and Medical Ethics (3)
- PSYC 428 – Community Psychology (3)
- PSYC 432 – Health Psychology (prereq: KINE 403) (3)
- PSYC 361 – Brain and Mind (3)

Course #	Course Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met	petition

Date _____	Advisor Signature _____
Grade Update: _____	(2) Date: _____
	(3) Date: _____

**Recommended Course Sequence: Kinesiology, Option in Health Science**

\*\*UDGE (BB,CC,DD) may be taken as early as the semester in which you will earn 60 units, or anytime thereafter. If taken earlier than this, the courses will NOT count to clear the UUDGE requirement.

First Semester	Units	Second Semester	Units	Summer	Units
BIOL 104 or 160	4	BIOL 175 (GE-B2)	4		
GEW 101 (GE-A2)	3	GEO 102 (GE-A1)	3		
MATH 115 (GE-B4)	3	GE (A3 Critical thinking)	3		
Foreign lang I (if needed)	4	Foreign lang II (if needed)	4		
Comp test/ CS 100 (take 1 <sup>st</sup> yr)					
Total Units	14	Total Units	14		
First Semester	Units	Second Semester	Units	Summer	Units
BIOL 176	4	CHEM 100/100L (GE-B1, B3)	5		
PSCI 100, HIST 130 ,or 131 (GE-D)	3	GE (D7)	3		
GE (C1 Fine arts)	3	GE (C2 Humanities)	3		
KINE 202	3	PSYC 100 (GE-D)	3		
Foreign lang III or other (GE-C)	3	KINE 204	3		
Total Units	15	Total Units	17		
First Semester	Units	Second Semester	Units	Summer	Units
KINE 306 (GE-E)	3	KINE 301	3		
KINE 316	3	SOC 314	4		
KINE 336	3	Upper Division major elective	3		
Upper Division GE (BB,CC,DD)**	3	Upper Division GE (BB,CC,DD)**	3		
Upper Division GE (BB,CC,DD)**	3	Free elective	3		
Total Units	15	Total Units	16		
First Semester	Units	Second Semester	Units	Summer	Units
KINE 200/201	2	KINE 404	3		
KINE 403	3	KINE 405	3		
KINE 326	4	NURS 370	3		
Upper Division major elective	3	KINE 495	3		
Free elective	3	Free elective	3		
Total Units	15	Total Units	15		