

KINESIOLOGY

Health Science Option

- This worksheet is intended for supplemental use only. The University will use your Academic Requirements Report (ARR) to track your graduation requirements, including those for your major. Please continue to check your ARR for accuracy.
- If your ARR requires a correction, please submit an [ARR Correction Form](#).
- Your [Degree Planner](#) (in mycsusm.edu) will display the following requirements in the University's recommended sequence.
- All courses used for the major and preparation for the major must be completed with a grade of C (2.0) or higher.

PREPARATION FOR THE MAJOR (25 UNITS)

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|---------------------------------------|-------|
| <input type="checkbox"/> | KINE 200: First Aid and Safety | 1 |
| <input type="checkbox"/> | KINE 201: CPR and AED | 3 |
| <input type="checkbox"/> | KINE 202: Introduction to Kinesiology | 3 |
| <input type="checkbox"/> | PSYC 100: Introduction to Psychology | 3 |

Select 1 of the following:

- BIOL 104: Principles of Biology: Human Emphasis
- BIOL 160: Microbiology for the Health Sciences

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|--------|-------|
| <input type="checkbox"/> | | 4 |

Select 1 of the following:

- BIOL 175: Introduction to Human Anatomy and Physiology I
- BIOL 177: Introduction to Human Anatomy and Physiology for Kinesiology I (*BIOL 104; preferred)

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|--------|-------|
| <input type="checkbox"/> | | 4 |

Select 1 of the following:

- BIOL 176: Introduction to Human Anatomy and Physiology II (*BIOL 175)
- BIOL 178: Introduction to Human Anatomy and Physiology for Kinesiology II (*BIOL 177; preferred)

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|--------|-------|
| <input type="checkbox"/> | | 4 |

Complete one pair of Chemistry courses:

- CHEM 105: General, Organic, and Biochemistry for Life (*MATH 101, 105 or MATH Category 1 or 2)
- CHEM 105L: General, Organic, and Biochemistry for Life Laboratory (^CHEM 105L)
- OR**
- CHEM 150: General Chemistry (*CPE^c, CHEM 101 or 105 and MATH 101, 105 or MATH Category 1 or 2)
- CHEM 150L: General Chemistry Laboratory (^CHEM 150)

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|--------|-------|
| <input type="checkbox"/> | | 4 |
| <input type="checkbox"/> | | 1 |

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HEALTH SCIENCE CORE COURSES (31 UNITS)

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|---|-------|
| <input type="checkbox"/> | KINE 301: Motor Control and Learning (*KINE 303) | 4 |
| <input type="checkbox"/> | KINE 303: Statistics and Research Methods (*BIOL 104, 177, 178, KINE 202) | 3 |
| <input type="checkbox"/> | KINE 305: Movement Anatomy (*KINE 303) | 4 |
| <input type="checkbox"/> | KINE 311: Movement Pedagogy (*junior or senior standing) | 4 |
| <input type="checkbox"/> | KINE 316: Stress Management (*BIOL 104, 177, 178, KINE 202) | 3 |
| <input type="checkbox"/> | KINE 326: Introductory Exercise Physiology (*KINE 303) | 4 |
| <input type="checkbox"/> | KINE 404: Introduction to Epidemiology | 3 |
| <input type="checkbox"/> | KINE 405: Health and Drug Education (*junior or senior standing) | 3 |
| <input type="checkbox"/> | KINE 407: Principles of Health Promotion & Education (*BIOL 104, 177, 178; *KINE 202) | 3 |

CULMINATING EXPERIENCE (3 UNITS)

Select 1 of the following options, totaling 3 units:

KINE 495C: Internship in Kinesiology (*UD standing; applied for graduation; 20 UD KINE units)

KINE 496C: Undergraduate Research (*instructor consent)

KINE 497: Study Abroad (*instructor consent)

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|--------|-------|
| <input type="checkbox"/> | | 3 |

HEALTH SCIENCE BREADTH (9-10 UNITS)

Select 1 course from each of the following groups:

Diverse Populations:

KINE 408: Physical Education for Diverse Populations (*junior or senior standing)

KINE 426: Exercise Physiology and Special Populations (*KINE 326)

KINE 427: Assessment and Programming for Healthy Aging (*KINE 301, 305, 310, 311 or 326)

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|--------|-------|
| <input type="checkbox"/> | | 3 |

Nutritional Science:

KINE 336: Nutrition for Health and Exercise Performance (*BIOL 104, 177, 178, KINE 202)

KINE 415: Nutrition and Disordered Eating Behavior (*BIOL 104, 177, 178, KINE 202)

| ✓ <input type="checkbox"/> | Course | Units |
|-------------------------------|--------|-------|
| <input type="checkbox"/> | | 3 |

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Comparative Health:

HD 350: Health and Human Development (*see catalog for prerequisites)

KINE 310: Social and Emotional Health

SOC 314: Health and Society

| | | | |
|---|--------------------------|--------|-------|
| ✓ | <input type="checkbox"/> | Course | Units |
| | | | 3-4 |

ADVANCED STUDY (3-4 UNITS)

Students may select any Kinesiology course that is 400-level or above that they have not already taken to fulfill another requirement. Recommended courses include:

KINE 404: Introduction to Epidemiology (*BIOL 104, 177, 178, KINE 202; ^KINE 303)

KINE 406: Stress Testing and Exercise Prescription (*KINE 326)

KINE 408: Physical Education for Diverse Populations (*junior or senior standing)

KINE 426: Exercise Physiology and Special Populations (*KINE 326)

KINE 427: Assessment and Programming for Healthy Aging (*KINE 301, 305, 310, 311 or 326)

Any 500-level Kinesiology course(s) (*instructor consent)

| | | | |
|---|--------------------------|--------|-------|
| ✓ | <input type="checkbox"/> | Course | Units |
| | | | 3-4 |