

KINESIOLOGY

Movement 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 (29 UNITS)

✓	Course	Units
<input type="checkbox"/>	BIOL 104: Principles of Biology: Human Emphasis	4
<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"/>	MATH 125: Pre-Calculus (*MATH 105 or MATH Category 1 or 2)	4
<input type="checkbox"/>	PSYC 100: Introduction to Psychology	3

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)

✓	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)

✓	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)

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

KINESIOLOGY

Movement Science Option

CORE REQUIREMENTS (23 UNITS)

<input checked="" 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 326: Introductory Exercise Physiology (^KINE 303)	4
<input type="checkbox"/>	KINE 425: BioMechanics of Human Movement (^KINE 303; MATH 125, 160 or PHYS 101)	4

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 checked="" type="checkbox"/>	Course	Units
<input type="checkbox"/>		3

MOVEMENT SCIENCE BREADTH (9 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 checked="" 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 checked="" type="checkbox"/>	Course	Units
<input type="checkbox"/>		3

KINESIOLOGY

Movement Science Option

Allied Health:

KINE 302: Care and Prevention of Athletic Injuries (*BIOL 104, 177, 178, KINE 202)

KINE 404: Introduction to Epidemiology (^KINE 303)

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

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

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 (^KINE 303; *BIOL 104, 177, 178, KINE 202)

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

ELECTIVES (5-6 UNITS)

Choose 5-6 units from the following: Any additional 300, 400, or 500-level KINE course(s) (except KINE 306) OR or other course(s) approved by faculty advisor that support the major. Courses required as prerequisites for graduate school can be taken to fulfill this requirement with faculty advisor approval.

For students planning to apply to a professional school, the following courses may be considered (students should always consult the graduate schools to which they are applying): PHYS 101: Introduction to Physics I (4), PHYS 205: Physics for the Biological Sciences I (4), or PSYC 336: Abnormal Psychology (3).

Students not planning to apply to professional school, the following courses may be considered: KINE 310: Social and Emotional Health (3), KINE 316: Stress Management (3), KINE 405: Health and Drug Education (3), KINE 407: Principles of Health Promotion and Education (3), and KINE 408: Physical Education for Diverse Populations (3).

✓ <input type="checkbox"/>	Course	Units
<input type="checkbox"/>		
<input type="checkbox"/>		