Requirement Area	Course	Degree: Kinesiology, B.S. 22-23 Course Title	Prerequisites	Units
		First Semester (FALL)		
E A1	GS 101A	Foundations of Success I Oral Communication		
B4	MATH 115 or 120	Recommended by Department		
C1	KIN 400	Arts		
D1	KIN 160	Introduction to Kinesiology	Total:	1
	•			
	1	Second Semester (SPRING)		
E	GS 101B	Foundations of Current II		
E A2	GS 101B	Foundations of Success II Written Communication		
C2		Humanities		
LD Major	KIN 162 or KIN 270	Nutrition and Performance/Women and Sport		
LD Wajoi	Kill 102 01 Kill 270	Nutrition and Performance/ Women and Sport		
LD Major/B2/B3	BIOL 270	Human Anatomy & Physiology I		
20 1110/02/03	502270	naman watering a ringslongy i	Total:	1
	1	Third Semester (FALL)		_
E		Lifelong Learning and Self-Development Critical Thinking		
A3 Second Comp		Second Composition		
Code 1/D2		US Code/Social Science		
			BIOL 270 with	
LD Major	BIOL 271	Human Anatomoy & Physiology II	grade C- or better	
F		Ethnic Studies	+	
			Total:	1
		Fourth Semester (SPRING)	10(3).	1
Add'l C1 or C2*		Arts or Humanities		
B1/B3	CHEM 111 or PHYS 125	Recommended by Department		
Code 2	CHEWTITO PHTS125	US Code		
Elective/Overlay				
Elective				:
			Total:	1
		Fifth Semester (FALL)		
			Kinesiology major,BIOL 270,	
UD Major	KIN 300	Critical Inquiry in Kinesiology	BIOL 271	
UD Major	KIN 301	Applied Musculoskeletal Anatomy	B.S. Kinesiology	
			major, BIOL 270,	
UD Major	KIN 302	Social Justice in Kinesiology	BIOL 271, KIN 300.	
UD Major			B.S. Kinesiology	
	KIN 304	Motor Development	major, BIOL 270, BIOL 271.	
ob major	111 504	notor bevelopment	Total:	1
		Sixth Semester (SPRING)		_
			Kinesiology major, Junior	
			standing or	
			above, BIOL 270, BIOL 271, Kin 300,	
UD Major	KIN 303	Biomechanics	KIN 301	
			Kinesiology major, Junior	
			standing or	
	100	Furning Dissiple as	above, BIOL 270,	
UD Major UD Major	KIN 306	Exercise Physiology Group A Elective	BIOL 271, KIN 300	-
			B.S. Kinesiology	
UD Major	KIN 305	Critical Issues of the Body	major, BIOL 270, BIOL 271.	
			Kinesiology	
			major, Junior or Senior standing	
			and department	
UD Major	KIN 498	Internship	consent Total:	1
	1	Seventh Semester (FALL)	I IOLAI.	1
				:
			B.S. Kinesiology	
UD-C/Overlay			major. KIN 300	
UD-C/Overlay UD Major	KIN 307	Motor Skill Acquisition and Training	major, KIN 300, KIN 301.	
UD-C/Overlay UD Major UD Major	KIN	Group B Elective		
UD-C/Overlay UD Major UD Major UD Major				
UD-C/Overlay UD Major UD Major UD Major	KIN	Group B Elective		
UD-B/Overlay UD-C/Overlay UD Major UD Major UD Major UD Free Elective	KIN	Group B Elective	KIN 301.	
UD-C/Overlay UD Major UD Major UD Major UD Free Elective UD-D/Overlay,	KIN KIN 498	Group B Elective Internship Eighth Semester (SPRING)	KIN 301.	1
UD-C/Overlay UD Major UD Major UD Major UD Free Elective	KIN 498 KIN 498	Group B Elective Internship	KIN 301. Total:	1
UD-C/Overlay UD Major UD Major UD Major UD Free Elective UD-D/Overlay, Group C Elective UD Major	KIN KIN 498 KIN 489 KIN 308	Group B Elective Internship Eighth Semester (SPRING) Sport, Racism and Ethnicity Sport Psychology	KIN 301.	1
UD-C/Overlay UD Major UD Major UD Major UD Free Elective UD-D/Overlay, Group C Elective UD Major UD Major	KIN KIN 498 KIN 489 KIN 308 KIN	Group B Elective Internship Eighth Semester (SPRING) Sport, Racism and Ethnicity Sport Psychology Group Elective	KIN 301. Total:	1
UD-C/Overlay UD Major UD Major UD Major UD Free Elective UD-D/Overlay, Group C Elective UD Major UD Major	KIN KIN 498 KIN 489 KIN 308	Group B Elective Internship Eighth Semester (SPRING) Sport, Racism and Ethnicity Sport Psychology	KIN 301. Total: B.S. Kinesiology major, KIN 300.	1
UD-C/Overlay UD Major UD Major UD Major UD Free Elective UD-D/Overlay, Group C Elective UD Major UD Major	KIN KIN 498 KIN 489 KIN 308 KIN	Group B Elective Internship Eighth Semester (SPRING) Sport, Racism and Ethnicity Sport Psychology Group Elective	KIN 301. Total: B.S. Kinesiology major, KIN 300. Kinesiology major, Junior or	1
UD-C/Overlay UD Major UD Major UD Major UD Free Elective UD-D/Overlay, Group C Elective UD Major UD Major	KIN KIN 498 KIN 489 KIN 308 KIN	Group B Elective Internship Eighth Semester (SPRING) Sport, Racism and Ethnicity Sport Psychology Group Elective	kiN 301. Total: B.S. kinesiology major, kiN 300. kinesiology major, Junior or Senior standing	1
UD-C/Overlay UD Major UD Major UD Major UD Free Elective UD-D/Overlay, Group C Elective	KIN KIN 498 KIN 489 KIN 308 KIN	Group B Elective Internship Eighth Semester (SPRING) Sport, Racism and Ethnicity Sport Psychology Group Elective	KIN 301. Total: B.S. Kinesiology major, KIN 300. Kinesiology major, Junior or	1

*Note: No changes to, or from, the credit/no credit pattern are permitted after the Grade Type Change period. There are no exceptions to this rule. Courses in a student's major department, regardless of course prefix, may not be taken "CR/NC," unless that is the only grading pattern in the course

CSUEB General Breadth and Graduation Requirement Checklist
Area A (9 units): Communication in the English Language & Critical Thinking (Must earn passing grade of C-/CR or better)
A1. COMM 100 or 104, MLL 111
□ A2. ENGL 101, 102, or 104 □ A3. PHIL 100
Area B (9 units) : Scientific Inquiry & Quantitative Reasoning
□ B1. Physical Science Physical Science Chem or Physics depending on Professional goals (CHEM 111/112 and/or
PHYS 125/126 (Recommended)) B2. Life Science BIOL 270 with C- or better
B3. Laboratory Activity BIOL 270 with C- or better
B4. Quantitative Reasoning (Must earn passing grade of C-/CR or better.) MATH 115 or MATH 120 (Recommended)
Area C (9 units): Arts & Humanities - Minimum of three different disciplines as designated by course prefix (e.g., ART, THEA, MUS)
C1. Arts
□ C2. Humanities □ *Additional Lower-division Area C Course in Arts (C1) or
Humanities (C2) Area D (6 units) : Social Sciences - Minimum of three different disciplines as designated by course prefix (e.g.,
ANTH, ECON, POSC)
D2. Area E (3 units) : Lifelong Learning and Self-Development E.
Area F (3 units): Ethnic Studies
F. Second Composition : Requires completion of GE A2 with a C-/CR or better. Must be completed before attaining junior
standing.
U.S. Code (American Institutions Requirement) - Two courses (6 units) covering three U.S. Code Requirements of US-1 (U.S. History), US-2 (U.S. Constitution), and US-3 (California State & Local Government).
Code 1.
Code 2. Upper Division GE Requirements (9 units): Should be taken
after completion of A1, A2, A3, and B4 with a C- (CR)
UD-B. KIN 461 UD-C.Upper-division Arts OR Humanities
UD-D. KIN 489
Overlay Requirements (9 units): Courses may be upper or lower division, and GE or major
Diversity (Div)
Social Justice (SJ) KIN 489 Sustainability (S)
Elective Courses
Elective Courses GROUP A Select at least one (1) course:
GROUP A
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3
GROUP A Select at least one (1) course:
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise Autrition Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 GROUP B Select at least one (1) Course:
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise and Stress Units: 3 GROUP B Select at least one (1) course: KIN 310 - Bone Health and Exercise Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 GROUP B Select at least one (1) Course:
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 GROUP B Select at least one (1) course: KIN 310 - Bone Health and Exercise Units: 3 KIN 370 - US Twentieth Century Women's Sport Units: 3; G. E/G.R. Area: UD-C; Diversity KIN 372 - Teaching Fitness and Self Defense Units: 1
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise and Stress Units: 3 GROUP B Select at least one (1) course: KIN 310 - Bone Health and Exercise Units: 3 KIN 310 - Bone Health and Exercise Units: 3 KIN 370 - US Twentieth Century Women's Sport Units: 3 ; G. E/G.R. Area: UD-C; Diversity KIN 372 - Teaching Fitness and Self Defense Units: 1
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 GROUP B Select at least one (1) course: KIN 310 - Bone Health and Exercise Units: 3 KIN 370 - US Twentieth Century Women's Sport Units: 3; G. E/G.R. Area: UD-C; Diversity KIN 372 - Teaching Fitness and Self Defense Units: 1
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise Nutrition Units: 3 KIN 424 - Clinical Exercise Physiology Units: 3 KIN 425 - Exercise Nutrition Units: 3 KIN 426 - Exercise Nutrition Units: 3 KIN 427 - Clinical Exercise Physiology Units: 3 KIN 428 - Exercise Nutrition Units: 3 KIN 429 - Exercise Nutrition Units: 3 KIN 429 - Exercise Spectra Intervention Units: 3 KIN 429 - Exercise Spectra Intervention Units: 3 KIN 427 - Eaching Fitness and Self Defense Units: 1 KIN 4375 - Concepts of Teaching Aquatics Units: 1 KIN 440 - Elementary Physical Education Curriculum Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 KIN 423 - Exercise and Stress Units: 3 KIN 423 - Dene Health and Exercise Units: 3 KIN 310 - Bone Health and Exercise Units: 3 KIN 320 - US Twentieth Century Women's Sport Units: 3; G. E/G.R. Arce: UO-C; Diversity KIN 327 - Teaching Fitness and Self Defense Units: 1 KIN 327 - Concepts of Teaching Aquatics Units: 1 KIN 327 - Concepts of Teaching Aquatics Units: 1 KIN 327 - Intervise and Self Defense Units: 1 KIN 327 - Intervise and Self Defense Units: 1 KIN 327 - Intervise and Self Defense Units: 1 KIN 404 - Exercise and Gerontology Units: 3 KIN 424 - Exercise and Gerontology Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 GROUP B Select at least one (1) course: KIN 310 - Bone Health and Exercise Units: 3 KIN 320 - Our Health and Exercise Units: 3 KIN 327 - Oracepts of Teaching Aquatics Units: 1 KIN 327 - Creaching Fitness and Self Defense Units: 1 KIN 426 - Elementary Physical Education Curriculum Units: 3 KIN 427 - Motor Skill Expertise Units: 3 KIN 447 - Motor Skill Expertise Units: 3 KIN 448 - Mental Skills for Learning and Performance Units: 3 KIN 448 - Mental Skills for Learning and Performance Units: 3 GROUP C
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 KIN 424 - Exercise Nutrition Units: 3 KIN 425 - Exercise and Stress Units: 3 KIN 426 - Units: 3 KIN 427 - Units: 3 KIN 427 - Units: 3 KIN 428 - Exercise and Stress Units: 1 KIN 372 - Teaching Fitness and Self Defense Units: 1 KIN 372 - Teaching Fitness and Self Defense Units: 1 KIN 424 - Exercise and Gerontology Units: 3 KIN 424 - Exercise and Gerontology Units: 3 KIN 427 - Motor Skill Expertise Units: 3 KIN 448 - Mental Skills for Learning and Performance Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 KIN 424 - Back and Stress Units: 3 KIN 425 - Exercise and Stress Units: 3 KIN 426 - Units: 3 KIN 427 - Units: 3 KIN 427 - Clinical Exercise Units: 3 KIN 428 - Exercise and Stress Units: 3 KIN 429 - Units: 3 KIN 429 - Units: 3 KIN 429 - Exercise and Sercise Units: 1 KIN 372 - Teaching Fitness and Self Defense Units: 1 KIN 424 - Exercise and Gerontology Units: 3 KIN 424 - Exercise and Gerontology Units: 3 KIN 424 - Motor Skill Expertise Units: 3 KIN 424 - Motor Skill Expertise Units: 3 KIN 424 - Motor Skill Expertise Units: 3 KIN 425 - Concept C Select at least one (1) course: DANC 341 - Dance for Children Units: 3; G.E./G.R. Area: UD4
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise and Stress Units: 3 GROUP B Select at least one (1) course: KIN 310 - Bone Health and Exercise Units: 3 KIN 327 - US Twentieth Century Women's Sport Units: 3; C. E/G.R. Area: UD-C; Diversity KIN 327 - Concepts of Teaching Aquatics Units: 1 KIN 424 - Exercise and Gerontology Units: 3 KIN 425 - Exercise Internation Units: 3 KIN 426 - Exercise International Courses Units: 1 KIN 327 - Concepts of Teaching Aquatics Units: 1 KIN 424 - Exercise Internation Units: 3 KIN 424 - Mental Skills for Learning and Performance Units: 3 KIN 448 - Mental Skills for Learning and Performance Units: 3 KIN 330 - Dance for Children Units: 3; C.E./G.R. Area: UD-C Select at least one (1) course: DANC 341 - Dance for Children Units: 3 KIN 340 - Ergonomics Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise not strain the stra
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise Nutrition Units: 3 KIN 424 - Exercise Nutrition Units: 3 KIN 425 - Exercise and Stress Units: 3 GROUP B Select at least one (1) course: KIN 370 - US Twentieth Century Women's Sport Units: 3; GE - GRA. Area: UO-C, Diversity KIN 372 - Teaching Fluenss and Self Defense Units: 1 KIN 424 - Exercise and Gerontology Units: 3 KIN 425 - Exercise and Gerontology Units: 3 KIN 424 - Mental Skills for Learning and Performance Units: 3 KIN 424 - Mental Skills for Learning and Performance Units: 3 KIN 424 - Mental Skills for Learning and Performance Units: 3 KIN 424 - Dance for Children Units: 3; GE_JGR. Area: UD-4 Select at least one (1) course: DANC 341 - Dance for Children Units: 3 KIN 340 - Ergonomics Units: 3
GROUP A Select at least one (1) course: KIN 406 - Introduction to Adapted Physical Activity Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3 KIN 420 - Exercise Prescription Units: 3 KIN 421 - Clinical Exercise Physiology Units: 3 KIN 422 - Exercise Prescription Units: 3 KIN 422 - Exercise Nutrition Units: 3 KIN 423 - Exercise Nutrition Units: 3 KIN 424 - Clinical Exercise Physiology Units: 3 KIN 425 - Exercise Nutrition Units: 3 KIN 427 - Clinical Exercise Physiology Units: 3 KIN 428 - Exercise Nutrition Units: 3 KIN 429 - Exercise Nutrition Units: 3 KIN 429 - Exercise Nutrition Units: 3 KIN 429 - Clinical Exercise Units: 3 KIN 429 - Clinical Exercise Units: 3 KIN 429 - Clinical Exercise Units: 3 KIN 420 - Exercise and Gerontology Units: 3 KIN 424 - Motor Still Expertise Units: 3 KIN 448 - Mental Skills for Learning and Performance Units: 3 KIN 448 - Mental Skills for Learning and Performance Units: 3 KIN 440 - Ergonomics Units: 3 KIN 340 - Ergonomics Units: 2 KIN 340 - Street of Teaching Secondary Physical Education

*Students are required to take a minimum of 40 semester units as upper division (includes 9 units upper division GE)