

KINESIOLOGY ADT TO CSU EAST BAY KINESIOLOGY BS CHECKLIST/ROADMAP 21-22

ADT KINESIOLOGY – 60 Sem. Units	Sem. Units	Community College Courses
CSUGE or IGETC	39	<i>CSU general education certification requires completion of all requirements in Areas A through E, approximately 39 units</i>
AREA D REQUIREMENT: US History, Constitution & American Ideals Code Requirement	3-9	US-1: US-2: US-3:
Diversity/Social Justice/Sustainability <i>Can be fulfilled in area C or D</i>	3-9	DIV: SJ: SUS:
Second Composition (Comp II) Can be fulfilled with A3 Any Composition course with ENGL 100 as a prerequisite	3	
<i>The following areas are for the CID TMC/Courses and matching Community College Courses</i>		
Major Core (C-ID)	14	Community College Courses
KIN 100 - Introduction to Kinesiology	3	
BIOL 110B - Human Anatomy with Lab	4	
BIOL 120B - Human Physiology with Lab	4	
Movement-Based Courses (3 unit minimum) Select one course maximum from three of the following areas:	3	
Area 1: Aquatics		
Area 2: Combatives		
Area 3: Dance		
Area 4: Fitness		
Area 5: Individual Sports		
Area 6: Team Sports		
LIST A: Choose 2 courses	6	
MATH 110 - Introduction to Statistics (3) OR SOC 125 - Introduction to Statistics in Sociology (3)		
Human Biology (4)		
Survey of General, Organic, and Biological Chemistry (5) OR CHEM 110 - General Chemistry for Science Majors I with Lab (5)		
PHYS 105 Algebra/Trigonometry-Based Physics A (4) OR PHYS 205 - Calculus-Based Physics for Scientists and Engineers: A (4)		
KIN 101 - First Aid and CPR (3)		
Total Units ADT *KINESIOLOGY*	60	

PLEASE NOTE: This page assumes Semester Units.

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CSUEB: B.S. KINESIOLOGY <i>Complete Degree in 60 Semester Units</i>	Semester UNITS	NOTES
GRADUATION REQUIREMENTS <i>These should be fulfilled at the Community College, however if not taken at the Community College, they must be completed at CSU East Bay</i>		
US History, Constitution & American Ideals	0-9	
1) First Category US-1	0-3	
2) Second Category US-2	0-3	
3) Third Category US-3	0-3	
These courses must be taken at CSU East Bay		
Upper Division GE <i>See catalog</i>	9	CSUEB COURSES
Please note: A minimum of three courses in the Upper Division General Education pattern must have a topic/learning outcome oriented toward one of the following topic areas (overlays): Diversity, Social Justice, or Sustainability.		
Area UD-B Upper Division Science course	3	Course: OVERLAY:
Area UD-C Upper Division Humanities course	3	Course: OVERLAY:
Area UD-D Upper Division Social Sciences course	3	Course: OVERLAY:
Upper Division Core	36	
KIN 300 - Critical Inquiry in Kinesiology Units: 4		
KIN 301 - Applied Musculoskeletal Anatomy Units: 3		
KIN 302 - Social Justice in Kinesiology Units: 4		
KIN 303 - Biomechanics Units: 4		
KIN 304 - Motor Development Units: 3		
KIN 305 - Critical Issues of the Body Units: 4		
KIN 306 - Exercise Physiology Units: 4		
KIN 307 - Motor Skill Acquisition and Training Units: 3		
KIN 308 - Psychology of Physical Activity and Performance Units: 4		
KIN 498 - Internship Units: 1 - 3 *		*Three (3) units of KIN 498 are required
Electives: CHOOSE AT LEAST 15 UNITS FROM (2) OUT OF (3) GROUPS	15	
GROUP A		
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		
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		

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KIN 372 - Teaching Fitness and Self Defense Units: 1		
KIN 375 - Concepts of Teaching Aquatics Units: 1		
KIN 404 - Elementary Physical Education Curriculum Units: 3		
KIN 424 - Exercise and Gerontology Units: 3		
KIN 447 - Motor Skill Expertise Units: 3		
KIN 448 - Mental Skills for Learning and Performance Units: 3		
GROUP C		
DANC 341 - Dance for Children Units: 3 ; G.E./G.R. Area: UD-C		
KIN 340 - Ergonomics Units: 3		
KIN 379 - Games Concepts I Units: 2		
KIN 380 - Games Concepts II Units: 2		
KIN 405 - Theories of Teaching Secondary Physical Education Curriculum Units: 3		
KIN 470 - Sport in the Local Community Units: 3		
KIN 480 - Gender and Sexualities in Sport Units: 3		
KIN 489 - Sport, Racism, and Ethnicity Units: 3 ; G.E./G.R. Area: UD-D; Social Justice		RECOMMEND THIS CLASS TO NOT EXCEED 60 UNITS
Elective Substitutions: The following courses may be substituted for elective requirements with approval of department chair		
KIN 490 - Independent Study Units: 1 - 3		
KIN 493 - Project Units: 1 - 3		
KIN 495 - Practicum in Kinesiology Units: 1 - 3		
KIN 497 - Contemporary Issues in Kinesiology Units: 3		
ADDITIONAL COURSE to reach 60 Units	3	<i>These courses may be additional Major Courses or for other options see your Academic Advisor.</i>
<i>If needed</i>		
Total Semester Units at CSUEB	60	60

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FIRST SEMESTER JUNIOR YEAR			
UD-D	COURSE: KIN 489	OVERLAY: Social Justice	3
CORE	KIN 300	CRITICAL INQUIRY IN KIN	4
CORE	KIN 301	APPLIED MUSCULOSKELETAL ANATOMY	3
CORE	KIN 304	MOTOR DEVELOPMENT	3
ELECT	FREE ELECTIVE		3
		TOTAL:	16
SECOND SEMESTER JUNIOR YEAR			
UD-B	COURSE:	OVERLAY:	3
CORE	KIN 302	SOCIAL JUSTICE IN KIN	4
CORE	KIN 306	EXERCISE PHYSIOLOGY	4
CORE	KIN 307	MOTOR SKILL ACQUISITION & TRAINING	3
CORE	KIN 498	INTERNSHIP (1 OUT OF 3 UNITS)	1
		TOTAL:	15
THIRD SEMESTER SENIOR YEAR			
UD-C	COURSE:	OVERLAY:	3
CORE	KIN 303	BIOMECHANICS	4
CORE	KIN 305	CRITICAL ISSUES OF THE BODY	4
CORE	KIN 498	INTERNSHIP (1 OUT OF 3 UNITS)	1
ELECT	KIN	ELECTIVE	3
		TOTAL:	15
FOURTH SEMESTER SENIOR YEAR			
See the ADT ADVISER and apply for graduation through MyCSUEB by the posted deadline, available at Important Dates			
CORE	KIN 308	PSYC OF PHYSICAL ACTIVITY & PERFORMANCE	4
CORE	KIN 498	INTERNSHIP (1 OUT OF 3 UNITS)	1
ELECT	KIN	ELECTIVE	3
ELECT	KIN	ELECTIVE	3
ELECT	KIN	ELECTIVE	3
		TOTAL:	14
			GRAND TOTAL:
			60