

Degree: Kinesiology B.S. 26-27				
Requirement Area	Course	Course Title	Prerequisites	Units
First Semester (FALL)				
1C		Oral Communication		3
Area 2	MATH 115 or 120	Recommended by Department		3
3A		Arts		3
Area 4	KIN 160	Introduction to Kinesiology		3
Elective				2
			Total:	14
Second Semester (SPRING)				
1A		English Composition		3
3B		Humanities		3
LD Major	KIN 162 or KIN 270	Nutrition and Performance/Women and Sport		3
LD Major/5B/5C	BIOL 270	Human Anatomy & Physiology I		4
			Total:	13
Third Semester (FALL)				
1B/Second Comp		Critical Thinking and Composition		3
Second Comp		Second Composition		3
Code 1		US Code		3
LD Major	BIOL 271	Human Anatomy & Physiology II	BIOL 270 with C- or better	4
			Total:	13
Fourth Semester (SPRING)				
Area 6		Ethnic Studies		3
5A/5C	CHEM 111 or PHYS 125	Recommended by Department		4-5
Code 2/4		US Code/Social and Behavioral Science		3
Elective/Overlay				3
			Total:	13-14
Fifth Semester (FALL)				
UWR				3
UD-Area 5/Overlay			Completion of GE Areas 1A, 1B, 1C and GE-2 with grade C- (CR) or better	3
UD Major Core	KIN 300	Critical Inquiry in Kinesiology	BIOL 270	4
UD Major Core	KIN 301	Applied Musculoskeletal Anatomy	BIOL 270, BIO	3
UD Major Core	KIN 305	Critical Issues of the Body		4
			Total:	17
Sixth Semester (SPRING)				
UD-Area 3/Overlay			Completion of GE Areas 1A, 1B, 1C and GE-2 with grade C- (CR) or better	3
UD Major Core	KIN 302/303/306/307/308	One of "Choose 4 of 5" core courses	Varies	3-4
UD Major Core	KIN 302/303/306/307/308	One of "Choose 4 of 5" core courses	Varies	3-4
UD Major Core	KIN 302/303/306/307/308	One of "Choose 4 of 5" core courses	Varies	3-4
			Total:	14-15
Seventh Semester (FALL)				
UD Major Core	KIN 302/303/306/307/308	One of "Choose 4 of 5" core courses	Varies	3-4
UD Major Elective		Elective	Varies	3-4
UD Major Elective		Elective	Varies	3-4
UD Major Elective		Elective	Varies	3-4
			Total:	12-16
Eighth Semester (SPRING)				
UD- Area 4/Overlay/UD Major Elective	KIN 489	Sport, Racism, and Ethnicity	Completion of GE Areas 1A, 1B, 1C and GE-2 with grade C- (CR) or better	3
UD Major Elective		Elective	Varies	3-4
UD Major Elective		Elective	Varies	3-4
UD Major Elective		Elective	Varies	3-4
UD Major Elective		Elective	Varies	3-4
			Total:	15-18
Total Units:				120

CSUEB General Breadth and Graduation Requirement Checklist	
Area 1 (9 units): English Communication	
<input type="checkbox"/>	1A - Lower Division English Composition
<input type="checkbox"/>	1B - Lower Division Critical Thinking and Composition
<input type="checkbox"/>	1C - Lower Division Oral Communication
Area 2 (3 units): Mathematical Concepts and Quantitative Reasoning	
<input type="checkbox"/>	Area 2 - Mathematical Concepts and Quantitative Reasoning
Area 3 (6 units): Arts & Humanities - Minimum of two different disciplines as designated by course prefix (e.g., ART, THEA, MUS)	
<input type="checkbox"/>	3A - Arts and Humanities (Arts)
<input type="checkbox"/>	3B - Arts and Humanities (Humanities)
Area 4 (6 units): Social and Behavioral Sciences - Minimum of two different disciplines as designated by course prefix (e.g., ANTH, ECON, POSC)	
<input type="checkbox"/>	Area 4 - Lower Division Social and Behavioral Sciences
<input type="checkbox"/>	Area 4 - Lower Division Social and Behavioral Sciences
Area 5 (7 units): Physical and Biological Sciences	
<input type="checkbox"/>	5A - Lower Division Physical and Biological Sciences (Physical)
<input type="checkbox"/>	5B - Lower Division Physical and Biological Sciences (Biological)
<input type="checkbox"/>	5C - Lower Division Physical and Biological Sciences (Laboratory) -- May be embedded in 5A or 5B course, as long as 7 units met for lower-division Subject Area 5.
Area 6 (3 units): Ethnic Studies	
<input type="checkbox"/>	Area 6 - Ethnic Studies
Second Composition : Second Composition (Required as part of 1B for 2025-26 or later catalog)	
<input type="checkbox"/>	Second Composition
University Writing Requirement (3-4 units)	
<input type="checkbox"/>	UWR
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).	
<input type="checkbox"/>	Code 1
<input type="checkbox"/>	Code 2
Upper Division GE Requirements (9 units): Should be taken after completion of 1A, 1B, 1C, and Area 2 with a C- (CR)	
<input type="checkbox"/>	UD- Area 3 - Upper Division Arts or Humanities
<input type="checkbox"/>	UD- Area 4 - Upper Division Social and Behavioral Sciences
<input type="checkbox"/>	UD- Area 5 - Upper Division Science or Mathematical Concepts/Quantitative Reasoning
Overlay Requirements (9 units): Courses may be upper or lower division, and GE or major	
<input type="checkbox"/>	Diversity (Div)
<input type="checkbox"/>	Social Justice (SJ)
<input type="checkbox"/>	Sustainability (S)
NOTE: Students should consult with advisors about choosing courses that best align with their future career plans. In particular, students pursuing professional graduate programs (e.g. physical therapy, occupational therapy) or other certifications or credentials may need to accrue additional prerequisite courses outside of the Kinesiology major	