

Degree: Kinesiology, B.S. 23-24				
Requirement Area	Course	Course Title	Prerequisites	Units
First Semester (FALL)				
E	GS 101A	Foundations of Success I		1
A1		Oral Communication		3
B4	MATH 115 or 120	Recommended by Department		3
C1		Arts		3
D1	KIN 160	Introduction to Kinesiology		3
			Total:	13
Second Semester (SPRING)				
E	GS 101B	Foundations of Success II		1
A2		Written Communication		3
C2		Humanities		3
LD Major	KIN 162 or KIN 270	Nutrition and Performance/Women and Sport		3
LD Major/B2/B3	BIOL 270	Human Anatomy & Physiology I		4
			Total:	14
Third Semester (FALL)				
E		Lifelong Learning and Self-Development		1
A3		Critical Thinking		3
Second Comp		Second Composition		3
Code 1/D2		US Code/Social Science		3
LD Major	BIOL 271	Human Anatomy & Physiology II	BIOL 270 with grade C- or better	4
F		Ethnic Studies		3
			Total:	17
Fourth Semester (SPRING)				
Add'l C1 or C2*		Arts or Humanities		3
B1/B3	CHEM 111 or PHYS 125	Recommended by Department		3
Code 2		US Code		3
Elective/Overlay				3
			Total:	12
Fifth Semester (FALL)				
UWR			Kinesiology major, BIOL 270, BIOL 271	3
UD Major	KIN 300	Critical Inquiry in Kinesiology		4
UD Major	KIN 301	Applied Musculoskeletal Anatomy		3
UD Major	KIN 302	Social Justice in Kinesiology	B.S. Kinesiology major, BIOL 270, BIOL 271, KIN 300.	4
UD Major	KIN 304	Motor Development	B.S. Kinesiology major, BIOL 270, BIOL 271.	3
			Total:	17
Sixth Semester (SPRING)				
UD Major	KIN 303	Biomechanics	Kinesiology major, Junior standing or above, BIOL 270, BIOL 271, KIN 300, KIN 301	4
UD Major	KIN 306	Exercise Physiology	Kinesiology major, Junior standing or above, BIOL 270, BIOL 271, KIN 300	4
UD Major	KIN 305	Critical Issues of the Body	B.S. Kinesiology major, BIOL 270, BIOL 271.	4
UD Major	KIN 498	Internship	Kinesiology major, Junior or Senior standing and department consent	1
			Total:	16
Seventh Semester (FALL)				
UD-B/Overlay				3
UD-C/Overlay				3
UD Major	KIN 307	Motor Skill Acquisition and Training	B.S. Kinesiology major, KIN 300, KIN 301.	3
UD Major	KIN	Group B Elective		3
UD Major	KIN 498	Internship		2
UD Free Elective				2
			Total:	17
Eighth Semester (SPRING)				
UD-D/Overlay, Group C Elective	KIN 489	Sport, Racism and Ethnicity		3
UD Major	KIN 308	Sport Psychology	B.S. Kinesiology major, KIN 300.	4
UD Major	KIN	Group Elective		3
UD Major	KIN	Group Elective		3
UD Major	KIN 498	Internship	Kinesiology major, Junior or Senior standing and department consent	1
			Total:	14
Total Units:				120

*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.

Revised: 03/24/23

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)	
<input type="checkbox"/>	A1. COMM 100 or 104, MLL 111
<input type="checkbox"/>	A2. ENGL 101, 102, or 104
<input type="checkbox"/>	A3. PHIL 100
Area B (9 units): Scientific Inquiry & Quantitative Reasoning	
<input type="checkbox"/>	B1. Physical Science Physical Science Chem or Physics depending on Professional goals (CHEM 111/112 and/or PHYS 125/126 (Recommended))
<input type="checkbox"/>	B2. Life Science BIOL 270 with C- or better
<input type="checkbox"/>	B3. Laboratory Activity BIOL 270 with C- or better
<input type="checkbox"/>	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 two different disciplines as designated by course prefix (e.g., ART, THEA, MUS)	
<input type="checkbox"/>	C1. Arts
<input type="checkbox"/>	C2. Humanities
<input type="checkbox"/>	* Additional Lower-division Area C Course in Arts (C1) or Humanities (C2)
Area D (6 units): Social Sciences - Minimum of two different disciplines as designated by course prefix (e.g., ANTH, ECON, POSC)	
<input type="checkbox"/>	D1. KIN 160
<input type="checkbox"/>	D2.
Area E (3 units): Lifelong Learning and Self-Development	
<input type="checkbox"/>	E.
Area F (3 units): Ethnic Studies	
<input type="checkbox"/>	F.
Second Composition: Requires completion of GE A2 with a C-/CR or better. Must be completed before attaining junior standing.	
<input type="checkbox"/>	Second Composition
University Writing Requirement	
<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 A1, A2, A3, and B4 with a C- (CR)	
<input type="checkbox"/>	UD-B. KIN 461
<input type="checkbox"/>	UD-C. Upper-division Arts OR Humanities
<input type="checkbox"/>	UD-D. KIN 489
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) KIN 489
<input type="checkbox"/>	Sustainability (S)
Elective Courses	
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	
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	
Select at least one (1) course:	
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	

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