

Degree: Kinesiology B.S. 25-26					CSUEB General Breadth and Graduation Requirement Checklist				
Requirement Area	Course	Course Title	Prerequisites	Units					
First Semester (FALL)					Area 1 (9 units): English Communication				
Recommended	GS 101A	Foundations of Success I		1	<input type="checkbox"/> 1A - Lower Division English Composition				
1C		Oral Communication		3	<input type="checkbox"/> 1B - Lower Division Critical Thinking and Composition				
Area 2	MATH 115 or 120	Recommended by Department		3	<input type="checkbox"/> 1C - Lower Division Oral Communication				
3A		Arts		3	Area 2 (3 units) : Mathematical Concepts and Quantitative Reasoning				
Area 4	KIN 160	Introduction to Kinesiology		3	<input type="checkbox"/> Area 2 - Mathematical Concepts and Quantitative Reasoning				
			Total:	13	Area 3 (6 units): Arts & Humanities - Minimum of two different disciplines as designated by course prefix (e.g., ART, THEA, MUS)				
Second Semester (SPRING)					<input type="checkbox"/> 3A - Arts and Humanities (Arts)				
Recommended	GS 101B	Foundations of Success II		1	<input type="checkbox"/> 3B - Arts and Humanities (Humanities)				
1A		English Composition		3	Area 4 (6 units) : Social and Behavioral Sciences - Minimum of two different disciplines as designated by course prefix (e.g., ANTH, ECON, POSC)				
3B		Humanities		3	<input type="checkbox"/> Area 4 - Lower Division Social and Behavioral Sciences				
LD Major	KIN 162 or KIN 270	Nutrition and Performance/Women and Sport		3	<input type="checkbox"/> Area 4 - Lower Division Social and Behavioral Sciences				
LD Major/5B/5C	BIOL 270	Human Anatomy & Physiology I		4	Area 5 (7 units): Physical and Biological Sciences				
			Total:	14	<input type="checkbox"/> 5A - Lower Division Physical and Biological Sciences (Physical)				
Third Semester (FALL)					<input type="checkbox"/> 5B - Lower Division Physical and Biological Sciences (Biological)				
1B/Second Comp		Critical Thinking and Composition		3	<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.				
Second Comp		Second Composition		3	Area 6 (3 units): Ethnic Studies				
Code 1		US Code		3	<input type="checkbox"/> Area 6 - Ethnic Studies				
LD Major	BIOL 271	Human Anatomy & Physiology II	BIOL 270 with C- or better	4	Second Composition : Second Composition (Required as part of 1B for 2025-26 or later catalog)				
			Total:	13	<input type="checkbox"/> Second Composition				
Fourth Semester (SPRING)					University Writing Requirement (3-4 units)				
Area 6		Ethnic Studies		3	<input type="checkbox"/> UWR				
5A/5C	CHEM 111 or PHYS 125	Recommended by Department		4-5	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 2/4		US Code/Social and Behavioral Science		3	<input type="checkbox"/> Code 1				
Elective/Overlay				3	<input type="checkbox"/> Code 2				
			Total:	13-14	Upper Division GE Requirements (9 units): Should be taken after completion of 1A, 1B, 1C, and Area 2 with a C- (CR)				
Fifth Semester (FALL)					<input type="checkbox"/> UD- Area 3 - Upper Division Arts or Humanities				
UWR				3	<input type="checkbox"/> UD- Area 4 - Upper Division Social and Behavioral Sciences				
UD-Area 5/Overlay			Completion of GE Areas 1A, 1B, 1C and GE-2 with grade C- (CR) or better	3	<input type="checkbox"/> UD- Area 5 - Upper Division Science or Mathematical Concepts/Quantitative Reasoning				
UD Major Core	KIN 300	Critical Inquiry in Kinesiology	BIOL 270	4	Overlay Requirements (9 units): Courses may be upper or lower division, and GE or major				
UD Major Core	KIN 301	Applied Musculoskeletal Anatomy	BIOL 270, BIO	3	<input type="checkbox"/> Diversity (Div)				
UD Major Core	KIN 305	Critical Issues of the Body		4	<input type="checkbox"/> Social Justice (SJ)				
			Total:	17	<input type="checkbox"/> Sustainability (S)				
Sixth Semester (SPRING)					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				
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					