

## 09-11 B.S. Kinesiology – Exercise Science Health Promotion Concentration- Worksite Commercial Health and Fitness Track

The following plan is just one EXAMPLE of how to schedule classes to graduate in 4 years. Other schedules may be equally valid. Work with your advisor to develop a plan that meets your needs. Be sure to check your Degree Progress Report (DPR) frequently to ensure you are meeting all degree requirements.

| FRESHMAN YEAR                        |  |  | SOPHOMORE YEAR                       |                                      |   |
|--------------------------------------|--|--|--------------------------------------|--------------------------------------|---|
| Yr. 1 FALL                           | Yr. 1 Winter                           | Yr. 1 Spring                           | Yr. 2 Fall                           | Yr. 2 Winter                         | Yr. 2 Spring                            |
| KINE 270 (4)                         | KINE Pro Act <sup>1</sup> (2)          | KINE Pro Act <sup>1</sup> (1)          | JOUR 312 (3)                         | KINE Pro Act <sup>1</sup> (2)        | KINE 218 (2)   KINE 280 (1)             |
| MATH 119 (4)                         | KINE 250/255 <sup>3</sup> (4)          | CHEM 110 or 111 <sup>2</sup> (4)       | ZOO 331 (5)                          | ZOO 332 (5)                          | KINE 303 (4)                            |
| GE <sup>4</sup> (4) [A1/A2]          | BIO 111/115 (4) <sup>2</sup>           | GE <sup>4</sup> (4) [lower division]   | GE <sup>4</sup> (4) [A3]             | STAT 217/218 (4)                     | KINE 301 (1)                            |
| GE <sup>4</sup> (4) [lower division] | PHYS 121 (4)                           | GE <sup>4</sup> (4) [A1/A2]            | GE <sup>4</sup> (4) [lower division] | KINE 354 (2)                         | COMS 301 (4)                            |
|                                      | Elective <sup>6</sup> (2)<br>[SCM 150] | Elective <sup>6</sup> (2)<br>[SCM 150] |                                      | GE <sup>4</sup> (4) [lower division] | GE <sup>4</sup> (4)<br>[lower division] |
| <b>16</b>                            | <b>16</b>                              | <b>15</b>                              | <b>16</b>                            | <b>17</b>                            | <b>16</b>                               |

| JUNIOR YEAR*                         |                                      |                                      | SENIOR YEAR               |  |   |
|--------------------------------------|--------------------------------------|--------------------------------------|---------------------------|--|---|
| Yr. 3 FALL                           | Yr. 3 Winter                         | Yr. 3 Spring                         | Yr. 4. Fall               | Yr. 4 Winter                           | Yr. 4 Spring  |
| KINE 304 (3)                         | KINE 401 (3)                         | KINE 434 (4)                         | KINE 408 <sup>5</sup> (4) | KINE 451 (5)                           | KINE 463 (3)  |
| KINE 319 (4)                         | KINE 445 (4)                         | KINE Pro Act <sup>1</sup> (1)        | KINE 402 (4)              | KINE 461/462 (1-2)                     | 200 hours of fieldwork over a ten-week period at an approved agency.          |
| KINE 302 (4)                         | KINE 407 (4)                         | GE <sup>4</sup> (4)                  | KINE 452 (4)              | KINE 450 (3)                           |   |
| KINE 219 (1)                         | GE <sup>4</sup> (4) [upper division] | BUS 387 (4)                          | KINE 411 (4)              | GE <sup>4</sup> (4) ) [upper division] | See KINE 463 coordinator by end of Junior year to arrange for your placement. |
| GE <sup>4</sup> (4) [lower division] | Elective <sup>6</sup> (2)            | GE <sup>4</sup> (4) [upper division] |                           | Elective <sup>6</sup> (2)              |   |
| <b>16</b>                            | <b>17</b>                            | <b>17</b>                            | <b>16</b>                 | <b>15-16</b>                           | <b>3</b>  |

Last Updated: 7/9/09

\*Students with upper division standing (completion of 90 quarter units) should complete the Graduation Writing Requirement (GWR). See the catalog for more information.

<sup>1</sup> Students following this concentration are **strongly recommended** to take the following Pro-Acts: KINE 212 (1), 220 (2), 227 (2), and 228 (1).

<sup>2</sup> Student who wish to pursue health profession graduate programs should consult with the CSM Advising Office in 53-219 regarding the appropriate science coursework.

<sup>3</sup> KINE 255 will meet the United States Cultural Pluralism requirement (USCP). If you take KINE 250, find a GE/USCP course combination. Check PASS for quarterly options.

<sup>4</sup> 52 units of General Education units are required. Choose one from each of the following areas: GE A1, A2, A3; C1, C2, C3, C4, C1-4; D1, D2, D3, D5; F. Check PASS or the online catalog for specific course prerequisites. Upper division GE's: C4, D5 and F should be taken after you have reached junior standing.

<sup>5</sup> Prior to enrolling in KINE 408, you must have completed KINE 250/255 and one of the following: KINE 220, 227, 228 or 219, and have senior standing or consent of instructor.

<sup>6</sup> 8 units of elective required for this major/concentration combination. Recommended: Take Supplemental Workshops [SCM 150] in your first year to assist you with Math/Science coursework.

More information available at: <http://sas.calpoly.edu/sw.html>