

**NOTE:** This document can be used as a compact display of courses and other curricular requirements. The Degree Progress Report must be used to track students' progress in all degree requirements, throughout their Cal Poly career.

\* = Course also satisfies GE requirement

Note: Only 4 units of major coursework may be taken as credit/no credit.

<b>MAJOR COURSES (125-133)</b>	<i>Units</i>
KINE 180 Orientation to Kinesiology (previously 270)	3
KINE 181 First Aid/CPR/AED (previously 280)	1
KINE 208-229 Professional Activity	1
KINE 230 Aquatic Fitness Activities (previously 218)	1
KINE 231 Leading Group Fitness Activities (previously 220)	2
KINE 250 (D4)* or KINE 255 (D4)* (USCP) or KINE 260 (D4)* (USCP)	4
KINE 265 Intro to Community Health Issues (previously 405)	4
KINE 266 Psycho/Social Aspects of Physic Act (previously 411)	4
KINE 298 Chronic & Communicable Disease Prevention	4
KINE 301 Functional Muscle Anatomy	2
KINE 302 Biomechanics	4
KINE 303 Physiology of Exercise	4
KINE 304 Pathophysiology of Exercise	3
KINE 311 Strength Training Instruction (previously 219)	1
KINE 319 Intro to Research Methods	4
KINE 320 Media Technology Science & Human Performance	4
KINE 402 Motor Learning & Control	4
KINE 407 Adapted Physical Activity	4
KINE 408 Exercise & Health Gerontology	4
KINE 434 Health Promotion Program Planning I	4
KINE 449 Exercise Prescription & Leadership	4
KINE 451 Nutrition for Fitness & Sport	3
KINE 452 Testing & Exercise Prescription for Fitness Specialists	4
KINE 453 Lifestyle Prescription for Wellness	3
KINE 460/461/462 Senior Project	1-4
KINE 463 Exercise Science & Health Promotion Fieldwork	1-3
<sup>1</sup> BIO 111 or 161 (B2&B4)*	4
<sup>1</sup> CHEM 111 or 127 (B3)*	5/4
FSN 210 Nutrition	4
MATH 119 Pre-Calc Trig (B1)*	4
PHYS 121 College Physics I	4
STAT 217 or 218 (B1)*	4
ZOO 331 (transfer equivalent ZOO 231)	5
ZOO 332 (transfer equivalent ZOO 232)	5
<sup>2</sup> Approved Elective (select <u>one</u> course) KINE 308 (3), 406 (4), 446 (4), 454 (3)	4/3

**Professional Track Prep Courses (select one track)**

<sup>3</sup> <b>Exercise Science Track</b>	<i>Units</i>
KINE 308 Motor Development	3
KINE 401 Managing Kine Programs	3
KINE 445 Electrocardiography	4
<sup>4</sup> <b>Health Promotion Track</b>	<i>Units</i>
KINE 305 Drug Education	4
KINE 435 Health Promotion Program Planning II	4
KINE 450 Worksite Health Promotion Programs	3

<b>GENERAL EDUCATION (GE)</b>	<b>52</b>
72 units required, 20 of which are listed in Major. Minimum of 12 units required at the 300 level.	
<b>Area A Communication</b>	<b>12</b>
A1 ENGL 133/134 .....	4
A2 COMS 101/102 .....	4
A3 Reason, Arg. & Writing .....	4
<b>Area B Science &amp; Mathematics (no add'l units req'd)</b>	
*16 units are listed in Major	
<b>Area C Arts and Humanities</b>	<b>20</b>
C1 Literature .....	4
C2 Philosophy: PHIL 230/231 .....	4
C3 Fine/Performing Arts .....	4
C4 Upper-division elective .....	4
C1-C4 Elective .....	4
<b>Area D/E Society and the Individual</b>	<b>16</b>
D1 Amer. Experience (40404) .....	4
D2 Political Economy .....	4
D3 Comp Social Institutions .....	4
D4 Self Development (CSU Area E) * 4 in Major	
D5 Upper-division elec. (No KINE) .....	4
<b>Area F Technology (upper div) .....</b>	<b>4</b>
Add'l GE Units (if needed) .....	

**FREE ELECTIVES ..... 0-3**

- Students seeking a career in the health professions should consult with their academic advisor before making a selection.
- KINE majors should select one course from these approved electives in consultation with their academic advisor.
- Students who are interested in pursuing American College of Sports Medicine (ACSM) Certification should follow this track.
- Students who are interested in pursuing Certified Health Education Specialist (CHES) Certification should follow this track.

**OTHER DEGREE REQUIREMENTS:**

- **Cal Poly, Higher Ed, and Major GPA must all be at least 2.00**

**All students must complete:**

- **United States Cultural Pluralism Requirement**
- **Graduation Writing Requirement**
- **60 units Upper Division (any 300-400 level classes)**
- **Upper Division units in the Major: 27**
- **Residency Requirements: See Degree Progress Report for details**

