BS KINESIOLOGY

Program Learning Objectives

1. Demonstrate proficiency in critical thinking through written and oral communication.
2. Apply knowledge of the social and behavioral sciences to the study and practice of exercise, physical activity and sport.
3. Apply knowledge of the natural sciences (e.g. physical, biological, and environmental sciences) to the study and practice of exercise, physical activity and sport.
4. Apply the principles of quantitative and qualitative research to the study and practice of exercise, physical activity and sport.
5. Demonstrate an understanding of diversity, social justice, and inclusion as it relates to exercise, health, physical activity and sport.

Degree Requirements and Curriculum

In addition to the program requirements listed on this page, students must also satisfy requirements outlined in more detail in the Minimum Requirements for Graduation section of this catalog, including:

- 60 units of upper division courses
- Graduation Writing Requirement (GWR)
- 2.0 GPA
- U.S. Cultural Pluralism (USCP)

Note: Up to 4 units of credit/no credit grading may be selected for courses in major, support, or concentration.

MAJOR COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 180</td>
<td>Orientation to Kinesiology</td>
<td>2</td>
</tr>
<tr>
<td>KINE 181</td>
<td>First Aid/CPR/AED</td>
<td>1</td>
</tr>
<tr>
<td>KINE 250</td>
<td>Healthy Living</td>
<td>4</td>
</tr>
<tr>
<td>or KINE 255</td>
<td>Personal Health: A Multicultural Approach</td>
<td></td>
</tr>
<tr>
<td>or KINE 260</td>
<td>Women's Health Issues</td>
<td></td>
</tr>
<tr>
<td>KINE 266</td>
<td>Sport and Exercise Psychology</td>
<td>4</td>
</tr>
<tr>
<td>KINE 301</td>
<td>Functional Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>KINE 303</td>
<td>Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>KINE 304</td>
<td>Pathophysiology and Exercise</td>
<td>3</td>
</tr>
<tr>
<td>KINE 319</td>
<td>Introduction to Research Methods in Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>KINE 401</td>
<td>Managing Exercise and Health Programs</td>
<td>3</td>
</tr>
<tr>
<td>KINE 402</td>
<td>Motor Learning and Control</td>
<td>4</td>
</tr>
<tr>
<td>KINE 403</td>
<td>Biomechanics</td>
<td>4</td>
</tr>
<tr>
<td>KINE 407</td>
<td>Adapted Physical Activity</td>
<td>4</td>
</tr>
<tr>
<td>KINE 451</td>
<td>Nutrition for Fitness and Sport</td>
<td>3</td>
</tr>
<tr>
<td>KINE 452</td>
<td>Exercise Testing and Prescription for Fitness Specialists</td>
<td>4</td>
</tr>
<tr>
<td>KINE 454</td>
<td>Exercise Metabolism</td>
<td>3</td>
</tr>
<tr>
<td>KINE 459</td>
<td>Personal and Group Fitness Instruction</td>
<td>3</td>
</tr>
<tr>
<td>KINE 460</td>
<td>Experiential Senior Project</td>
<td>1</td>
</tr>
<tr>
<td>or KINE 461</td>
<td>Senior Project Report</td>
<td></td>
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<tr>
<td>or KINE 462</td>
<td>Research Honors Senior Project</td>
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<tr>
<td>or KINE 463</td>
<td>Exercise Science and Health Promotion Fieldwork</td>
<td></td>
</tr>
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</table>

Approved Electives

Select from the following: 8

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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</thead>
<tbody>
<tr>
<td>BIO 162</td>
<td>Introduction to Organismal Form and Function</td>
</tr>
<tr>
<td>BIO 253</td>
<td>Health Professions Shadowing</td>
</tr>
<tr>
<td>BIO 305</td>
<td>Biology of Cancer</td>
</tr>
<tr>
<td>CHEM 129</td>
<td>General Chemistry for Agriculture and Life Science III</td>
</tr>
<tr>
<td>CHEM 217 &amp; CHEM 220</td>
<td>Organic Chemistry II and Organic Chemistry Laboratory For Life Sciences II</td>
</tr>
<tr>
<td>CHEM 313</td>
<td>Survey of Biochemistry and Biotechnology</td>
</tr>
<tr>
<td>COMS 212</td>
<td>Interpersonal Communication</td>
</tr>
<tr>
<td>COMS 213</td>
<td>Organizational Communication</td>
</tr>
<tr>
<td>COMS 301</td>
<td>Business and Professional Communication</td>
</tr>
<tr>
<td>COMS 316</td>
<td>Intercultural Communication</td>
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<tr>
<td>FSN 310</td>
<td>Maternal and Child Nutrition</td>
</tr>
<tr>
<td>FSN 315</td>
<td>Nutrition in Aging</td>
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<tr>
<td>FSN 415</td>
<td>Nutrition Education and Communications</td>
</tr>
<tr>
<td>FSN 416</td>
<td>Community Nutrition</td>
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<tr>
<td>IME 320</td>
<td>Human Factors and Technology</td>
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<tr>
<td>KINE 297</td>
<td>Medical Terminology</td>
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<tr>
<td>KINE 305</td>
<td>Drugs in Society</td>
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<tr>
<td>KINE 308</td>
<td>Motor Development</td>
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<tr>
<td>KINE 320</td>
<td>Media and Technology in Health Promotion</td>
</tr>
<tr>
<td>KINE 323</td>
<td>Sport and Gender</td>
</tr>
<tr>
<td>KINE 406</td>
<td>Neuroanatomy</td>
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<tr>
<td>KINE 446</td>
<td>Echocardiography</td>
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<tr>
<td>PHYS 122</td>
<td>College Physics II</td>
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<tr>
<td>PHYS 123</td>
<td>College Physics III</td>
</tr>
<tr>
<td>PSY 201</td>
<td>General Psychology</td>
</tr>
<tr>
<td>or PSY 202</td>
<td>General Psychology</td>
</tr>
<tr>
<td>PSY 252</td>
<td>Social Psychology</td>
</tr>
<tr>
<td>PSY 256</td>
<td>Developmental Psychology</td>
</tr>
<tr>
<td>PSY 302</td>
<td>Behavior in Organizations</td>
</tr>
<tr>
<td>PSY 310</td>
<td>Psychology of Death</td>
</tr>
<tr>
<td>PSY 318</td>
<td>Psychology of Aging</td>
</tr>
<tr>
<td>PSY 320</td>
<td>Health Psychology</td>
</tr>
<tr>
<td>PSY 340</td>
<td>Biopsychology</td>
</tr>
<tr>
<td>PSY 350</td>
<td>Teamwork</td>
</tr>
<tr>
<td>RPTA 160</td>
<td>Introduction to Sport Management</td>
</tr>
<tr>
<td>RPTA 257</td>
<td>Leadership and Diverse Groups</td>
</tr>
<tr>
<td>RPTA 275</td>
<td>Facilitation and Teambuilding</td>
</tr>
<tr>
<td>RPTA 450</td>
<td>Resource and Grant Development</td>
</tr>
</tbody>
</table>

Select one concentration 2 18-19

SUPPORT COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 161</td>
<td>Introduction to Cell and Molecular Biology</td>
<td>4</td>
</tr>
<tr>
<td>BIO 231</td>
<td>Human Anatomy and Physiology I</td>
<td>5</td>
</tr>
<tr>
<td>BIO 232</td>
<td>Human Anatomy and Physiology II</td>
<td>5</td>
</tr>
<tr>
<td>BIO 231</td>
<td>Human Anatomy and Physiology I</td>
<td>5</td>
</tr>
<tr>
<td>BIO 232</td>
<td>Human Anatomy and Physiology II</td>
<td>5</td>
</tr>
</tbody>
</table>

or BIO 232 | Human Anatomy and Physiology II                  | 5     |
CHEM 127  General Chemistry for Agriculture and Life Science I  4
CHEM 128  General Chemistry for Agriculture and Life Science II  4
CHEM 312  Survey of Organic Chemistry  5
or CHEM 216  Organic Chemistry I  5
MATH 119  Precalculus Trigonometry  4
or MATH 141  Calculus I  4
PHYS 121  College Physics I  4
STAT 218  Applied Statistics for the Life Sciences  4

GENERAL EDUCATION (GE)
(See GE program requirements below.)  52

FREE ELECTIVES
Free Electives  8-9
Total units  180

1  Required in Major/Support; also satisfies GE.
2  Students may have to complete additional coursework to satisfy admission requirements for graduate or professional degree programs in the allied health professions. Students interested in these programs should consult their academic advisor or visit the College of Science and Mathematics Advising Office for more information.
3  Cannot double-count in approved electives if required in concentration.

Concentrations
Students may select one of the following concentrations.

- Exercise Science (http://catalog.calpoly.edu/collegesandprograms/collegeofsciencesmathematics/kinesiology/bskinesiology/exercisescienceconcentration)
- Health Promotion (http://catalog.calpoly.edu/collegesandprograms/collegeofsciencesmathematics/kinesiology/bskinesiology/healthpromotionconcentration)
- Sport Science (http://catalog.calpoly.edu/collegesandprograms/collegeofsciencesmathematics/kinesiology/bskinesiology/sportscienceconcentration)

General Education (GE) Requirements

- 72 units required, 20 of which are specified in Major and/or Support.
- See the complete GE course listing (http://catalog.calpoly.edu/generalrequirementsbachelorsdegree/#generaleducationtext).
- Minimum of 12 units required at the 300 level.

<table>
<thead>
<tr>
<th>Area A</th>
<th>Communication</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>Expository Writing</td>
</tr>
<tr>
<td>A2</td>
<td>Oral Communication</td>
</tr>
<tr>
<td>A3</td>
<td>Reasoning, Argumentation and Writing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Area B</th>
<th>Science and Mathematics</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>Mathematics/Statistics (8 units in Support)</td>
</tr>
<tr>
<td>B2</td>
<td>Life Science (4 units in Support)</td>
</tr>
</tbody>
</table>

| B3 | Physical Science (4 units in Support) | 0 |
| B4 | One lab taken with either a B2 or B3 course |

<table>
<thead>
<tr>
<th>Area C</th>
<th>Arts and Humanities</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1</td>
<td>Literature</td>
</tr>
<tr>
<td>C2</td>
<td>Philosophy</td>
</tr>
<tr>
<td>C3</td>
<td>Fine/Performing Arts</td>
</tr>
<tr>
<td>C4</td>
<td>Upper-division elective</td>
</tr>
<tr>
<td>Area C elective</td>
<td>(Choose one course from C1-C5)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Area D/E</th>
<th>Society and the Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>D1</td>
<td>The American Experience (Title 5, Section 40404 requirement)</td>
</tr>
<tr>
<td>D2</td>
<td>Political Economy</td>
</tr>
<tr>
<td>D3</td>
<td>Comparative Social Institutions</td>
</tr>
<tr>
<td>D4</td>
<td>Self Development (CSU Area E) (4 units in Major)</td>
</tr>
<tr>
<td>D5</td>
<td>Upper-division elective (no KINE course)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Area F</th>
<th>Technology</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>Upper-division elective</td>
</tr>
</tbody>
</table>

Total units  52

1  Required in Major/Support; also satisfies GE.
2  Students pursuing the Sport Science concentration must take PHIL 230 or PHIL 231 to fulfill GE Area C2 in order to have the prerequisite for concentration courses.