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

Approved Electives
Select from the following: 8
BIO 162 Introduction to Organismal Form and Function
BIO 253 Health Professions Shadowing
BIO 305 Biology of Cancer
CHEM 129 General Chemistry for Agriculture and Life Science III
CHEM 217 & CHEM 220 Organic Chemistry II and Organic Chemistry Laboratory For Life Sciences II
CHEM 313 Survey of Biochemistry and Biotechnology
COMS 212 Interpersonal Communication
COMS 213 Organizational Communication
COMS 301 Business and Professional Communication
COMS 316 Intercultural Communication
FSN 310 Maternal and Child Nutrition
FSN 315 Nutrition in Aging
FSN 415 Nutrition Education and Communications
FSN 416 Community Nutrition
IME 320 Human Factors and Technology
KINE 297 Medical Terminology
KINE 305 Drugs in Society 3
KINE 308 Motor Development 3
KINE 320 Media and Technology in Health Promotion 3
KINE 323 Sport and Gender
KINE 406 Neuroanatomy
KINE 446 Echocardiography
PHYS 122 College Physics II
PHYS 123 College Physics III
PSY 201 General Psychology or PSY 202 General Psychology
PSY 252 Social Psychology
PSY 256 Developmental Psychology
PSY 302 Behavior in Organizations
PSY 310 Psychology of Death
PSY 318 Psychology of Aging
PSY 320 Health Psychology
PSY 340 Biopsychology
PSY 350 Teamwork
RPTA 160 Introduction to Sport Management
RPTA 257 Leadership and Diverse Groups
RPTA 275 Facilitation and Teambuilding
RPTA 450 Resource and Grant Development

SUPPORT COURSES
BIO 161 Introduction to Cell and Molecular Biology 4
BIO 231 Human Anatomy and Physiology I 5
BIO 232 Human Anatomy and Physiology II 5
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>CHEM 127</td>
<td>General Chemistry for Agriculture and Life Science I</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 128</td>
<td>General Chemistry for Agriculture and Life Science II</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 312</td>
<td>Survey of Organic Chemistry</td>
<td>5</td>
</tr>
<tr>
<td>or CHEM 216</td>
<td>Organic Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>MATH 119</td>
<td>Precalculus Trigonometry</td>
<td>4</td>
</tr>
<tr>
<td>or MATH 141</td>
<td>Calculus I</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 121</td>
<td>College Physics I</td>
<td>4</td>
</tr>
<tr>
<td>STAT 218</td>
<td>Applied Statistics for the Life Sciences</td>
<td>4</td>
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</tbody>
</table>

Select one concentration: 2

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

**FREE ELECTIVES**

<table>
<thead>
<tr>
<th>Elective Type</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Electives</td>
<td>9</td>
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</table>

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/collegeofsciencemathematics/kinesiology/bskinesiology/exercisescienceconcentration](http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiology/bskinesiology/exercisescienceconcentration))
- Health Promotion ([http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiology/bskinesiology/healthpromotionconcentration](http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiology/bskinesiology/healthpromotionconcentration))
- Sport Science ([http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiology/bskinesiology/sportscienceconcentration](http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/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](http://catalog.calpoly.edu/generalrequirementsbachelorsdegree/#generaleducationtext)).
- Minimum of 12 units required at the 300 level.

<table>
<thead>
<tr>
<th>Area</th>
<th>Communication</th>
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<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>
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</table>

<table>
<thead>
<tr>
<th>Area</th>
<th>Science and Mathematics</th>
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</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>
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<table>
<thead>
<tr>
<th>Area C</th>
<th>Arts and Humanities</th>
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<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>
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</table>

<table>
<thead>
<tr>
<th>Area D/E</th>
<th>Society and the Individual</th>
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</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>
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<tr>
<td>D5</td>
<td>Upper-division elective (no KINE course)</td>
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<table>
<thead>
<tr>
<th>Area F</th>
<th>Technology</th>
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</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.