BS KINESIOLOGY

Program Learning Objectives
1. Describe the relationship between physical activity participation, quality of life, acute and chronic disease prevention, diagnosis and treatment.
2. Evaluate the underlying scientific foundations of physical activity including human movement, physiology and metabolism.
3. Apply principles of quantitative and qualitative research to the study and practice of physical activity.
4. Explain the sociocultural dimensions of physical activity including diversity and inclusion in physical activity and health.
5. Apply principles of exercise prescription and the national physical activity guidelines to develop effective physical activity programs.
6. Demonstrate proficiency in critical thinking through written and oral communication.

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 250</td>
<td>Healthy Living (E)</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 307</td>
<td>Adapted Physical Activity</td>
<td>4</td>
</tr>
<tr>
<td>KINE 312</td>
<td>Motor Learning and Control</td>
<td>4</td>
</tr>
<tr>
<td>KINE 319</td>
<td>Introduction to Research Methods in Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>KINE 349</td>
<td>Exercise Testing and Prescription for Healthy Populations</td>
<td>4</td>
</tr>
<tr>
<td>KINE 401</td>
<td>Managing Exercise, Health, and Sport Programs</td>
<td>3</td>
</tr>
<tr>
<td>KINE 403</td>
<td>Biomechanics</td>
<td>4</td>
</tr>
<tr>
<td>KINE 451</td>
<td>Nutrition for Fitness and Sport</td>
<td>4</td>
</tr>
<tr>
<td>KINE 459</td>
<td>Personal and Group Fitness Instruction</td>
<td>3</td>
</tr>
<tr>
<td>KINE 412</td>
<td>Experiential Senior Project</td>
<td>3</td>
</tr>
<tr>
<td>KINE 460</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>or KINE 461</td>
<td>Senior Project Report</td>
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<tr>
<td>or KINE 462</td>
<td>Research Honors Senior Project</td>
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</tr>
<tr>
<td>or KINE 463</td>
<td>Exercise Science and Health Promotion Fieldwork</td>
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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 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>
</tr>
<tr>
<td>FSN 310</td>
<td>Maternal and Child Nutrition</td>
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<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>
</tr>
<tr>
<td>IME 320</td>
<td>Human Factors and Technology</td>
</tr>
<tr>
<td>KINE 181</td>
<td>Responding to Emergencies: Comprehensive First Aid, CPR, AED</td>
</tr>
<tr>
<td>KINE 297</td>
<td>Medical Terminology</td>
</tr>
<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>
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<tr>
<td>KINE 323</td>
<td>Sport and Gender</td>
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<tr>
<td>KINE 406</td>
<td>Neuroanatomy</td>
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<tr>
<td>KINE 409</td>
<td>Interdisciplinary Study in Biomechanics</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>
</tr>
<tr>
<td>PHYS 123</td>
<td>College Physics III</td>
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<tr>
<td>PSY 201 or PSY 202</td>
<td>General Psychology</td>
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<tr>
<td>PSY 252</td>
<td>Social Psychology</td>
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<tr>
<td>PSY 256</td>
<td>Developmental Psychology</td>
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<tr>
<td>PSY 302</td>
<td>Behavior in Organizations</td>
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<tr>
<td>PSY 310</td>
<td>Psychology of Death</td>
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<tr>
<td>PSY 318</td>
<td>Psychology of Aging</td>
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<tr>
<td>PSY 320</td>
<td>Health Psychology</td>
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<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 255</td>
<td>Leadership and Diverse Groups</td>
</tr>
<tr>
<td>RPTA 275</td>
<td>Facilitation and Teambuilding</td>
</tr>
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</table>
RPTA 450 Resource and Grant Development

Select one concentration 3

**SUPPORT COURSES**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 161</td>
<td>Introduction to Cell and Molecular Biology (B2 &amp; B3) 1</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>CHEM 127</td>
<td>General Chemistry for Agriculture and Life Science I (B1) 1</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</td>
<td></td>
</tr>
<tr>
<td>MATH 119</td>
<td>Precalculus Trigonometry (B4) 1</td>
<td>4</td>
</tr>
<tr>
<td>or MATH 141</td>
<td>Calculus I</td>
<td></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 (GE Electives) 1</td>
<td>4</td>
</tr>
</tbody>
</table>

**GENERAL EDUCATION (GE)**

(See GE program requirements below.) 52

**FREE ELECTIVES**

Free Electives 4

Total units 180

1. Required in Major or Support; also satisfies General Education (GE) requirement.
2. If a course is taken to meet a Concentration requirement, it cannot be double-count as an Approved Elective.
3. 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.
4. If a General Education (GE) course is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

**Concentrations**

Students may select one of the following concentrations.

• Exercise Science (http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bskinesiology/exercisescienceconcentration/)
• Health Promotion (http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bskinesiology/healthpromotionconcentration/)
• Sport Science (http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bskinesiology/sportsscienceconcentration/)

**General Education (GE) Requirements**

• 72 units required, 20 of which are specified in Major and/or Support.
• If any of the remaining 52 units is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

• See the complete GE course listing (http://catalog.calpoly.edu/generalrequirementsbachelorsdegree/#generaleducationcontent).
• A grade of C- or better is required in one course in each of the following GE Areas: A1 (Oral Communication), A2 (Written Communication), A3 (Critical Thinking), and B4 (Mathematics/Quantitative Reasoning).

**Area A**

English Language Communication and Critical Thinking

A1 Oral Communication 4
A2 Written Communication 4
A3 Critical Thinking 4

**Area B**

Scientific Inquiry and Quantitative Reasoning

B1 Physical Science (4 units in Support) 1
B2 Life Science (4 units in Support) 1
B3 One lab taken with either a B1 or B2 course
B4 Mathematics/Quantitative Reasoning (4 units in Support) 1

**Upper-Division B**

Area C Arts and Humanities

Lower-division courses in Area C must come from three different subject prefixes.

C1 Arts: Arts, Cinema, Dance, Music, Theater 4
C2 Humanities: Literature, Philosophy, Languages other than English 4

Lower-Division C Elective - Select a course from either C1 or C2 4

**Upper-Division C**

Area D Social Sciences

D1 American Institutions (Title 5, Section 40404 Requirement) 4
D2 Lower-Division D - Select courses from two different subject prefixes. 8

**Upper-Division D**

Area E Lifelong Learning and Self-Development

Lower-Division E (4 units in Major) 1

**GE Electives in Areas B, C, and D**

Select courses from two different areas; may be lower-division or upper-division courses.

GE Electives (4 units in Support plus 4 units in GE) 1 4

Total units 52

1. Required in Major or Support; also satisfies General Education (GE) requirement.
2. It is recommended that students pursuing the Sport Science concentration take PHIL 230 or PHIL 231 to fulfill GE Area C2.