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
KINE 180 Orientation to Kinesiology 2
HLTH 250 Healthy Living (E) 1
or HLTH 255 Personal Health: A Multicultural Approach
or HLTH 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 307 Adapted Physical Activity 4
KINE 312 Motor Learning and Control 4
KINE 319 Introduction to Research Methods in Kinesiology 4
KINE 349 Exercise Testing and Prescription for Healthy Populations 4
KINE 401 Managing Exercise, Health, and Sport Programs 3
KINE 403 Biomechanics 4
KINE 412 Physical Activity and Public Health 3
KINE 451 Nutrition for Fitness and Sport 4
KINE 459 Personal and Group Fitness Instruction 3
KINE 460 Experiential Senior Project 1
KINE 461 Senior Project Report
KINE 462 Research Honors Senior Project
KINE 463 Exercise Science and Health Promotion Fieldwork

Approved Electives 2
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 314 Biochemistry: Fundamentals and Applications
COMS 211 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
HLTH 297 Medical Terminology
HLTH 305 Drugs in Society
HLTH 320 Media and Technology in Health Promotion
IME 320 Human Factors and Technology
KINE 181 Responding to Emergencies: Comprehensive First Aid, CPR, AED
KINE 201 Introductory Undergraduate Research 3
KINE 308 Motor Development
KINE 323 Sport and Gender
KINE 400 Special Problems for Advanced Undergraduates 3
KINE 406 Neuroanatomy
KINE 409 Interdisciplinary Study in Biomechanics
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
Concentrations

Students may select one of the following concentrations.

- Exercise Science (https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/
  bskinesiology/exercisescienceconcentration/)
- Health Promotion (https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/
  bskinesiology/healthpromotionconcentration/)
- Sport Science (https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/
  bskinesiology/sportscienceconcentration/)

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 (https://catalog.calpoly.edu/
  generalrequirementsbachelorsdegree/#generaleducationtext).
- 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)  0
B2  Life Science (4 units in Support)  0
B3  One lab taken with either a B1 or B2 course
B4  Mathematics/Quantitative Reasoning (4 units in Support)  0

Upper-Division B  4

Area C  Arts and Humanities
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  4

Area D  Social Sciences - Select courses in Area D from at least two different prefixes
D1  American Institutions (Title 5, Section 40404 Requirement)  4
D2  Lower-Division D  4

Upper-Division D  4

Area E  Lifelong Learning and Self-Development
Lower-Division E (4 units in Major)  0

Area F  Ethnic Studies
F  Ethnic Studies  4

GE Electives in Areas B, C, and D
Select courses from two different areas; may be lower-
division or upper-division courses.
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<thead>
<tr>
<th>GE Electives (4 units in Support plus 4 units in GE)</th>
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<tr>
<td><strong>Total units</strong></td>
<td><strong>52</strong></td>
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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.