CATALOG TERM:2025-2027 **TOTAL UNITS REQUIRED = 120**

KINESIOLOGY

Health Science Option

- This worksheet is intended for supplemental use only. The University will use your Academic Requirements Report (ARR) to track your graduation requirements, including those for your major. Please continue to check your ARR for accuracy. If your ARR requires a correction, please submit an ARR Correction Form.
- Your Degree Planner will display the following requirements in the University's recommended sequence.
- All non-articulated courses must be reviewed and approved by KINE faculty.
- With the exception of KINE 495A (A-C), KINE 496A (A-C), KINE 497, and KINE 499A (A-F), and the 100-level KINE course in the Core Requirements, all courses counted toward the major, including Preparation for the Major, must be completed with a C (2.0) or better.
- Additional general elective courses may be required to satisfy the University's 120 overall unit requirement.

PREPARATION FOR THE MAJOR (25 UNITS)

✓	Course	Units
	BIOL 104: Principles of Biology: Human Emphasis	4
	KINE 200: First Aid and Safety	1
	KINE 201: CPR and AED	1
	KINE 202: Introduction to Kinesiology	3
	PSYC 100: Introduction to Psychology	3

Complete one pair of Anatomy and Physiology courses:

BIOL 175: Introduction to Human Anatomy and Physiology I
BIOL 176: Introduction to Human Anatomy and Physiology II (*BIOL 175)
OR
BIOL 177: Introduction to Human Anatomy and Physiology for Kinesiology I (^BIOL 104)
BIOL 178: Introduction to Human Anatomy and Physiology for Kinesiology II (*BIOL 104, 177)
OR
KINE 181: Human Anatomy and Physiology Principles and Applications I (^BIOL 104)
KINE 182: Human Anatomy and Physiology Principles and Applications II (*KINE 181)

✓	Course	Units
		4
		4

Complete one pair of Chemistry courses:

CHEM 105: General, Organic, and Biochemistry for Life (4) (*MATH 101, 105 or MATH Category 1 or 2)
CHEM 105L: General, Organic, and Biochemistry for Life Laboratory (1) (^CHEM 105L)
OR
CHEM 150: General Chemistry (4) (*MATH 101, 105 or MATH Category 1 or 2)
CHEM 150L: General Chemistry Laboratory (1) (^CHEM 150)

✓	Course	Units
		4
		1

HEALTH SCIENCE CORE COURSES (31 UNITS)

✓	Course	Units
	KINE 100-level activity course: _____ (must be taken at CSUSM)	1

**prerequisite; ^pre-/corequisite.*

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☐	KINE 301: Motor Control and Learning (*BIOL 104, 177, 178, KINE 202; ^KINE 303)	4
☐	KINE 303: Statistics and Research Methods (*GE 2, BIOL 104, 177, 178, KINE 202)	3
☐	KINE 305: Movement Anatomy (*BIOL 104, 177, 178, KINE 202; ^KINE 303)	4
☐	KINE 311: Movement Pedagogy (*upper-division standing)	3
☐	KINE 316: Stress Management	3
☐	KINE 326: Introductory Exercise Physiology (*BIOL 104, 177, 178, KINE 202; ^KINE 303)	4
☐	KINE/PH 404: Introduction to Epidemiology	3
☐	KINE 405: Health and Drug Education (*upper-division standing)	3
☐	KINE 407: Principles of Health Promotion & Education (*BIOL 104, 177, 178, KINE 202; ^KINE 303)	3

CULMINATING EXPERIENCE (3 UNITS)

Select 1 of the following:

KINE 495C: Internship in Kinesiology (*upper-division standing; applied for graduation; 20 upper-division KINE units)
KINE 496C: Undergraduate Research (*instructor consent)
KINE 497: Study Abroad (*instructor consent)

✓	Course	Units
☐		3

UPPER-DIVISION BREADTH (9-10 UNITS)

Select 1 course from each of the following groups:

Diverse Populations:

KINE 408: Physical Education for Diverse Populations (*upper-division standing)
KINE 426: Exercise Physiology and Special Populations (*KINE 326)
KINE 427: Assessment and Programming for Healthy Aging

✓	Course	Units
☐		3

Nutritional Science:

KINE 336: Nutrition for Health and Exercise Performance (^BIOL 104 or KINE 203 and 206)
KINE 360: Nutrition and Chronic Disease (*BIOL 104 or KINE 203)
KINE 415: Nutrition and Disordered Eating Behavior (^BIOL 104 or KINE 203 and 206)
KINE 416: Global Nutrition and Health Practices (*BIOL 104 or KINE 203)
KINE 420: Community Nutrition and Food Systems (*BIOL 104 or KINE 203)

✓	Course	Units
☐		3

**prerequisite; ^pre-/corequisite.*

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Comparative Health:

HD 350: Health and Human Development (3) (*prerequisites waived for KINE majors)
KINE 310: Social and Emotional Health (3)
SOC 314: Health and Society (4)

✓	Course	Units
☐		3-4

ADVANCED STUDY (3-4 UNITS)

Students may select any Kinesiology course that is 400-level or above that they have not already taken to fulfill another requirement. Recommended courses include:

KINE 406: Stress Testing and Exercise Prescription (*KINE 326)
KINE 408: Physical Education for Diverse Populations (*upper-division standing)
KINE 426: Exercise Physiology and Special Populations (*KINE 326)
KINE 427: Assessment and Programming for Healthy Aging
Any 500-level Kinesiology course(s) (*instructor consent)

✓	Course	Units
☐		3-4

**prerequisite; ^pre-/corequisite.*