

**B.S. in KINESIOLOGY
(Exercise Science Track)**
Suggested 4-Year Academic Flowchart

Updated 7/24/2014

FRESHMAN			SOPHOMORE			JUNIOR			SENIOR		
Fall	Winter	Spring	Fall	Winter	Spring	Fall	Winter	Spring	Fall	Winter	Spring
Health Course KINE 250 or 255 or 260 (4) [D4]	Professional Activity KINE 208 - KINE 229 (1)	First Aid / CPR / AED KINE 181 (1)	Human Anatomy and Physiology I ZOO 331 (5) (BIO 111 or 161; CHEM 111, 124, 127, or PSC 102)	Human Anatomy and Physiology II ZOO 332 (5) (BIO 111 or 161; CHEM 111, 124, 127, or PSC 102)	Biomechanics KINE 302 (4) (PHYS 118 or 121; KINE 301)	Media and Technology in Science and Human Performance KINE 320 (4) (GE Area A)	Pathophysiology and Exercise KINE 304 (3) (KINE 303)	Exercise Prescription and Leadership KINE 449 (4) (KINE 230, 231, 304, and 311)	Nutrition for Fitness and Sport KINE 451 (3) (KINE 250, 255, or 260; KINE 303. Recom: FSN 210)	Lifestyle Prescriptions for Wellness KINE 453 (3) (FSN 210 or 250; KINE 298 and 304)	Exercise Science and Health Promotion Fieldwork KINE 463 (1-3)⁴ *
Orientation to Kinesiology KINE 180 (3)	Survey of Chemistry CHEM 111 (5)¹ OR General Chemistry I CHEM 127 (4)¹ * [B3/B4]	General Biology BIO 111 (4)¹ OR Intro to Cell and Molecular Biology BIO 161 (4)¹ * [B2/B4]	Introduction to Community Health Issues KINE 265 (4) (KINE 250, 255, or 260. Recom: STAT 217 or 218)	Introduction to Psycho/Social Aspects of Physical Activity KINE 266 (4) (GE Area A)	Chronic and Communicable Disease Prevention KINE 298 (4) (KINE 250, 255, or 260; BIO 111 or 161)	Physiology of Exercise KINE 303 (4) (ZOO 231 or 331; ZOO 232 or 332 or BIO 361)	Advisor Approved Elective (3 - 4)³ *	Motor Learning and Control KINE 402 (4) (STAT 217 or 218 or equivalent coursework)	Exercise and Health Gerontology KINE 408 (4) (KINE 250, 255, or 260; KINE 227, 228, 231, or 311)	Health Promotion Program Planning I KINE 434 (4) (KINE 250, 255, or 260; KINE 265; Jr Standing)	Managing Kinesiology Programs KINE 401 (3) (KINE Major and Sr standing)
Precalculus Trigonometry MATH 119 (4) * [B1]	Statistics Course STAT 217 or 218 (4) * [B1]	College Physics I PHYS 121 (4) (MATH 118 and high school trigonometry, or MATH 119)	Nutrition FSN 210 (4)	Functional Muscle Anatomy KINE 301 (2) (BIO 361 or ZOO 231 or 331)	GE (4) **	Adapted Physical Activity KINE 407 (4) (Sophomore Standing, GE Areas B2 and B3)	GE (4) **	Introduction to Research Methods in Kinesiology KINE 319 (4) (STAT 217 or 218)	GE (4) **	Electrocardiography KINE 445 (4) (KINE 303)	GE (4) **
Free Elective (0-1)²	Aquatic Fitness Activities KINE 230 (1) (KINE 180)	Leading Group Fitness Activities KINE 231 (2) (KINE 230)	GE (4) **	GE (4) **	GE (4) **	Strength Training Instruction KINE 311 (1) (KINE 231 and 301)	GE (4) **	GE (4) **	GE (4) **	Exercise Testing and Prescription for Fitness Specialists KINE 452 (4) (KINE 303)	Free Elective (0-3)
	Free Elective (0-1)²	Free Elective (0-1)²				Motor Development KINE 308 (3) (GE Area D4)				Senior Project KINE 460 or 461 or 462 (1-2) (KINE 319, GE Area A)	
Expository Writing ENGL 133/134 (4)** [A1] Can be taken anytime during Freshman Year											
Oral Communication COMS 101/102 (4)** [A2] Can be taken anytime during Freshman Year											
	Reasoning, Argumentation, & Writing [A3] COMS 126; COMS/ENGL 145; ENGL 148; PHIL 126 (4)** (Completion of GE A1 with a C- or better) Can be taken anytime between Winter of Freshman and Winter of Sophomore Years.					Graduation Writing Requirement GWR* (Can be taken any time after 90 earned units)					
15 - 16	14 - 16	15 -16	17	15	16	16	14-15	16	15	16-17	8-13
										TOTAL:	180

Notes:

MOST GENERAL EDUCATION COURSES CAN BE TAKEN IN ANY ORDER AS LONG AS PREREQUISITES ARE MET

* Refer to current catalog for prerequisites.

** One course from each of the following GE areas must be completed: A1, A2, A3, C1, C2, C3, C4, C1-C5 elective, D1, D2, D3, D5 and F.

C4, D5 and F should be taken only after Junior standing is reached (90 units).

Refer to online catalog for GE course selection, United States Cultural Pluralism (USCP) and Graduation Writing Requirement (GWR).

Note: If KINE 255 or 260 is selected, USCP is fulfilled. If KINE 250 is selected, USCP can be fulfilled by some, but not all, courses in the following

GE areas: C3, C4, D1, D3, D5, or F.

¹ Students seeking a career in the health professions, should consult with their academic advisor before making a selection.

² Consider taking Supplemental Workshops (SCM 150) to assist you with Math/Science courses. More information available at: sas.calpoly.edu

³ Select one course from these approved electives KINE 406, 446, 454 (3-4 units) in consultation with academic advisor.

⁴ KINE 463 - Fieldwork. Please see the KINE 463 Fieldwork coordinator two quarters prior to planned enrollment to secure site placement.

Legend:

Course Title	
Course # (Units)	Major (91-95)
(Prerequisite)	Support (34-35)
[GE Area]	General Ed. (52)
	Free Electives (0-3)