



**California State Polytechnic University, Pomona
Degree Curriculum Sheet**

Plan (Major) KINESIOLOGY
Subplan/Option Exercise Science

Catalog Year 2008-2009 Name _____
Minimum Units Required 180 Student ID _____

Evaluator _____
GWT Satisfied Yes No

Required Core Courses		
Course		Units
Professions in Kinesiology and Health Promotions	KIN 201	1
Critical Perspectives in Kinesiology	KIN 209	3
Physiology of Exercise	KIN 303/303L	3/1
Lifespan Motor Development	KIN 312/312A	3/1
Tests and Measurements	KIN 425/425A	3/1
Total Units		16

Required Subplan/Option Courses		
Course		Units
Biomechanics	KIN 402/402L	3/1
Physiology of Exercise II	KIN 403/403L	3/1
Movement Anatomy and Kinesiology	KIN 412/412A	3/1
Motor Learning and Human Performance	KIN 430/430L	3/1
Principles of Health/Fitness Programs	KIN 453	3
Sports Medicine	KIN 455	4
Exercise Metabolism and Weight Control	KIN 456	3
Human Anatomy	ZOO 234/234L	2/2
Human Physiology	ZOO 235/235L	3/1
Total Units		34

Required Support Courses		
Course		Units
Statistics with Applications (B4)	STA 120	4
Basic Biology (B2, B3)	BIO 115/115L	3/2
Total Units		9

Elective Support Courses		
Course		Units
Students in the Exercise Science Option must complete the courses listed in one of the following tracks:		
<i>Clinical Health Science Track</i>		
Basic Microbiology	MIC 201/201L	3/2
Genetics	BIO 303	4
Cell and Molecular Biology	BIO 310	4
College Physics/Lab	PHY 121/121L	3/1
College Physics/Lab	PHY 122/122L	3/1
College Physics/Lab	PHY 123/123L	3/1
General Chemistry/Lab	CHM 121/121L	3/1
General Chemistry/Lab	CHM 122/122L	3/1
General Chemistry/Lab	CHM 123/123L	3/1
Elements of Organic Chemistry	CHM 201/250L	3/1
Elements of Biochemistry	CHM 321/321L	3/1
Nutrition	FN 235	4
Senior Project	KIN 461, 462	2, 2
An additional 8 units selected from courses listed on reverse.		8
<i>Human Performance Track</i>		
Psychological Aspects of Physical Activity and Sport	KIN 363	4
Science of Physical Aging	KIN 365	4
Stress Management for Healthy Living	KIN 370	4
Phys Education for Physically & Other Health Impaired*	KIN 406/A	3/1
Drug Education	KIN 408	4
Exercise Physiology Fieldwork	KIN 458/A	1/2
Health Fitness Instructor	KIN 459	3
Electrocardiography in Exercise and Disease	KIN 470/L	3/1
Nutrition, Science and Health	FN 305	4
Senior Project	KIN 461/2	2/2
An additional 23 units selected from courses listed on reverse.		23
Total Units		61

Check *University Catalog* for prerequisites to all courses.

General Education Requirements		
Area		Units
Area A Communication & Critical Thinking		12
1 Oral Communication		
2 Written Communication		
3 Critical Thinking		
Area B Mathematics & Natural Sciences		16
<i>Select at least one lab course from sub-area 1 or 2.</i>		
1 Physical Science		
2 Biological Science		
3 Laboratory Activity		
4 Math/Quantitative Reasoning		
5 Science & Technology Synthesis		
Area C Humanities		16
1 Fine and Performing Arts		
2 Philosophy and Civilization		
3 Literature and Foreign Language		
4 Humanities Synthesis		
Area D Social Sciences		20
1 U.S. History, Constitution, American Ideals		
2 History, Economics and Political Science		
3 Sociology, Anthropology, Ethnic & Gender Studies		
4 Social Science Synthesis		
Area E Lifelong Understanding & Self Development		4
Total Units		68

American Institutions		Units
Courses that satisfy this requirement may also satisfy G.E. Area D1		8

American Cultural Perspectives Requirement		Units
Refer to catalog for list of courses that satisfy this requirement. Course may also satisfy major, minor, GE, or unrestricted elective requirements.		4

The following required support courses should be taken to satisfy the indicated GE Requirements to achieve the minimum units to degree listed at the top of this sheet.		
Course		GE Area
Statistics with Applications	STA 120	B4
Basic Biology	BIO 115/115L	B2, B3
The remaining GE requirements may be satisfied by any course approved for that area.		

SUPPORT COURSES TO COMPLETE THE KINESIOLOGY MAJOR -- EXERCISE SCIENCE OPTION

CLINICAL HEALTH SCIENCE TRACK

Select 8 units from the following:

First Aid	KIN 205/A	(2/1)	8
Computer Apps. in Kinesiology	KIN 375/A	(2/2)	
Adv. Nutrient Metabolism I*	FN 433	(4)	
Adv. Nutrient Metabolism II*	FN 434	(4)	
Adv. Nutrient Metabolism III*	FN 435	(4)	
Biometrics*	BIO 211/L	(3/1)	
Human Embryology*	ZOO 415/L	(4)	
General Epidemiology*	MIC 330	(4)	
Hematology*	MIC 444/L	(3/1)	
Human Relations*	PSY 314	(4)	
Basic Counseling*	PSY 417	(4)	
Trigonometry	MAT 106	(4)	
Organic Chemistry*	CHM 314/317L	(3/1)	
Organic Chemistry*	CHM 315/318L	(3/1)	
Organic Chemistry*	CHM 316/319L	(3/1)	

HUMAN PERFORMANCE TRACK

Select 23 units from the following:

Introduction to Adapted Physical Ed.	KIN 206	(3)	23
Personal Health	KIN 207	(4)	
Teaching Fitness Activities*	KIN 268/A	(1/1)	
Computer Applications in Kinesiology	KIN 375/A	(2/2)	
General Epidemiology*	MIC 330	(4)	
Hematology*	MIC 444/L	(3/1)	
Human Relations*	PSY 314	(4)	
Abnormal Psychology*	PSY 415	(4)	
Basic Counseling*	PSY 417	(4)	
Biometrics*	BIO 211/L	(3/1)	
Genetics*	BIO 303	(4)	
Human Embryology*	ZOO 415/L	(3/1)	
Elements of Biochemistry*	CHM 321/L	(3/1)	
Adv. Nutrient Metabolism I*	FN 433	(4)	
Adv. Nutrient Metabolism II*	FN 434	(4)	
Adv. Nutrient Metabolism III*	FN 435	(4)	

**Check University Catalog for prerequisites.*

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