



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

Plan (Major) KINESIOLOGY
Subplan/Option Health Promotion

Catalog Year 2008-2009
Minimum Units Required 180

Name _____
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
First Aid	KIN 205/205A	2/1
Personal Health	KIN 207	4
Consumer Health	KIN 380	4
Drug Education	KIN 408	4
Health Program Needs Assessment	KIN 479/479A	2/2
Health Program Planning & Evaluation	KIN 480/480A	3/1
Senior Project	KIN 461/462	2/2
Nutrition, Science, and Health	FN 305	4
Mind, Brain, and Behavior	PSY 210	4
Health Psychology	PSY 326	4
Human Anatomy	ZOO 234/234L	2/2
Human Physiology*	ZOO 235/235L	3/1
Total Units		47

Required Support Courses		
Course		Units
Basic Biology (B2, B3)	BIO 115/115L	3/2
Statistics with Applications (B4)	STA 120	4
Stress Management for Healthy Living (B5 or D4)	KIN 370	4
Total Units		13

Elective Support Courses		
Course		Units
Students in the Health Promotion Option must complete the courses listed in one of the following tracks:		
<i>Worksite Health Promotion Track</i>		
Biomechanics	KIN 402/402L	3/1
Physiology of Exercise II	KIN 403/403L	3/1
Movement Anatomy & Kinesiology	KIN 412/412A	3/1
Principles of Health/Fitness Programs	KIN 453	3
Sports Medicine*	KIN 455	4
Exercise Metabolism and Weight Control	KIN 456	3
Exercise Physiology Fieldwork	KIN 458/458A	1/2
Health/Fitness Instructor	KIN 459	3
Principles of Marketing Management	IBM 301	4
An additional 16 units selected from courses listed on reverse.		
<i>Health Education Track</i>		
Introduction to Biomechanics	KIN 304/304L	3/1
School Health Education	KIN 441	4
Human Sexuality	BIO 301	4
Biology of Cancer	BIO 302	4
Sexually Transmitted Diseases: Current Issues	BIO 311	4
Nutrition Education	FN 345/345L	2/1
Basic Microbiology	MIC 201/201L	3/2
General Epidemiology	MIC 330	4
Community Psychology	PSY 425	4
Family Violence	SW 322	4
Community Service Learning	EWS 280	4
An additional 4 units selected from courses listed on reverse.		
Total Units		48

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
Basic Biology	BIO 115/115L B2, B3
Statistics with Applications	STA 120 B4
Stress Management for Healthy Living	KIN 370 B5 or D4
The remaining GE requirements may be satisfied by any course approved for that area.	

No more than 105 community college quarter units or 36 extension credit quarter units may be applied toward a Bachelor's degree. A minimum 2.0 cumulative GPA is required in core (including option) courses, Cal Poly Pomona courses, and overall work completed in order to receive a degree in this major.

SUPPORT COURSES TO COMPLETE THE KINESIOLOGY MAJOR -- HEALTH PROMOTION OPTION

WORKSITE HEALTH PROMOTION TRACK

<i>Select 16 units from the following:</i>		16
Financial Accounting for Decision Making	ACC 207/A	(5)
Genetics and Human Issues*	BIO 300	(4)
Introduction to Ethnic Studies	EWS 140	(4)
Marketing Strategy*	IBM 302	(4)
International Marketing Communication*	IBM 307	(4)
Marketing of Services*	IBM 316	(4)
Marketing Research*	IBM 408	(4)
Marketing for Small Business Organizations*	IBM 410	(4)
Evaluating Advertising Effectiveness*	IBM 433	(4)
Human Relations*	PSY 314	(4)
Cognitive Processes*	PSY 334	(4)
Educational Psychology*	PSY 340	(4)
Social Psychology*	PSY 401	(4)
Theories of Learning*	PSY 402	(4)
Basic Counseling*	PSY 417	(4)
Contemporary Social Problems	SOC 301	(4)
Socialization: Self & Society	SOC 402	(4)

HEALTH EDUCATION TRACK

<i>Select 4 units from the following:</i>		4
Financial Accounting for Decision Making	ACC 207/A	(5)
Genetics and Human Issues*	BIO 300	(4)
Introduction to Ethnic Studies	EWS 140	(4)
Nutrition of the Life Cycle	FN 335	(4)
Exercise Metabolism and Weight Control*	KIN 456	(3)
Human Relations*	PSY 314	(4)
Cognitive Processes*	PSY 334	(4)
Educational Psychology*	PSY 340	(4)
Social Psychology*	PSY 401	(4)
Theories of Learning*	PSY 402	(4)
Basic Counseling*	PSY 417	(4)
Contemporary Social Problems	SOC 301	(4)
Socialization: Self & Society	SOC 402	(4)
Death and Dying	SW 470	(4)

*Check University Catalog for prerequisites.

Revised 2008