

Kinesiology ADT to BS - Kinesiology

Title	C-ID Designation	C-ID Units	Double	CSUEB Course	Units
Introduction to Kinesiology	KIN 100	3			
Human Anatomy with Lab, and Human Physiology with Lab, or Human Anatomy and Physiology with Lab,	BIOL 110B and BIOL 120B or BIOL 115S	4-8			
Movement Based Courses - Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three units: Aquatics, Combatives, Team Sports, Individual Sports, Fitness, Dance		3			
List A: Select two courses (minimum 6 units) from the following:					
Introduction to Statistics Or Introduction to Statistics in Sociology	MATH 110 or SOCI 125	3	3		
General Chemistry for Science Majors I, with Lab Or Survey of General, Organic, and Biological Chemistry	CHEM 110	5	5		
Algebra/Trigonometry-Based Physics A Or Calculus-Based Physics for Scientists and Engineers: A	PHYS 105 or PHYS 205	4	4		
First Aid and CPR	KIN 101	3	3		
Introduction to Psychology OR Introduction to Sociology	PSYCH 110 SOC 110	3	3		
Personal Health & Wellness	PHS 100	3	3		
TOTAL MAJOR UNITS		20			
CSU GE Requirements		39			
Double Counting GE		6			
Elective		7*			
Total Units		60			
*Can be used to fulfill CSU American Institutions or any additional major requirements					

GRADUATION REQUIREMENTS These should be fulfilled at the Community College, however if not taken at the Community College, they must be completed at CSU East Bay			
US History, Constitution & American Ideals			
First Category US-1			0-3
Second Category US-2			0-3
Third Category US-3			0-3
		Total Units	0-9
These courses must be taken at CSU East Bay			
Please note: A minimum of three courses in the Upper Division General Education pattern must have a topic/learning outcome oriented toward one of the following topic areas (overlays): Diversity (DIV) , Social Justice (SJ) , or Sustainability (S) .			
Upper Division GE/Overlay	Courses	Overlay	Units
GE-UD-3	KIN 370	Diversity	0
GE-UD-4	KIN 489	Social Justice	0
GE-UD-5			3
		Total Units	3
University Writing Requirement	Course	GE/Overlay	Units
UWR	KIN 422W		
		Total Units	0
Upper Division Core	Course	GE/Overlay	Units
A grade C- or better is required for KIN 300 and KIN 301 in order to take the upper division 300 level core KIN classes requiring KIN 300 and KIN 301 as pre-requisites.			
The following 11 units are required:			
KIN 300	Critical Inquiry in Kinesiology		4
KIN 301	Applied Musculoskeletal Anatomy		3
KIN 305	Critical Issues of the Body		4
Students must take 4 of the following 5 courses			
KIN 302	Social Justice in Kinesiology		4
KIN 303	Biomechanics		4
KIN 306	Exercise Physiology		4
KIN 307	Motor Skill Acquisition and Training		3
KIN 308	Psychology of Physical Activity and Performance		4
		Total Units:	26-27
Elective Courses			
Students must select a minimum of 24 units of electives. At least one elective must be selected from two of the three groups below. Students who are planning to pursue specific educational or career objectives in Kinesiology should consult an advisor to select appropriate electives, and may wish to take additional electives to meet graduate school requirements.			

GROUP A			
Select at least one (1) course:			
KIN 320	Sport Film: Cultural Perspectives	GE-UD-4; Diversity	3
KIN 406	Introduction to Adapted Physical Activity		3
KIN 409	Spinal Biomechanics & Low Back Disorders		3
KIN 410	Musculoskeletal Injuries in Work and Sport		3
KIN 420	Exercise Prescription		3
KIN 421	Clinical Exercise Physiology		3
KIN 422W	Exercise Nutrition		3
KIN 423	Exercise and Stress		3
GROUP B			
Select at least one (1) course:			
KIN 304	Motor Development		3
KIN 310	Bone Health and Exercise		3
KIN 370	US Twentieth Century Women's Sport	GE-UD-3; Diversity	3
KIN 372	Teaching Fitness and Self Defense		1
KIN 375	Concepts of Teaching Aquatics		1
KIN 404	Elementary Physical Education Curriculum		3
KIN 424	Exercise and Gerontology		3
KIN 447	Motor Skill Expertise		3
GROUP C			
Select at least one (1) course:			
DANC 341	Dance for Children	GE-UD-3	3
KIN 340	Ergonomics		3
KIN 379	Games Concepts I		2
KIN 380	Games Concepts II		2
KIN 405	Theories of Teaching Secondary Physical Education Curriculum		3
KIN 470	Sport in the Local Community		3
KIN 480	Gender and Sexualities in Sport		3
KIN 481	Sport Sustainability	GE-UD-5; Sustainability	3
KIN 489	Sport, Racism, and Ethnicity	GE-UD-4; Social Justice	3
Elective Substitutions			
The following courses may be substituted for elective requirements with approval of department chair:			
KIN 490	Independent Study		1-3
KIN 493	Project		1-3
KIN 495	Practicum in Kinesiology		1-3
KIN 497	Contemporary Issues in Kinesiology		3

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KIN 498	Internship		1-3
		Total Units:	24
ADDITIONAL COURSE(S) to MEET 60 UNITS		GE/Overlay	Units
These courses may be additional major courses or prerequisites taken at the Community College.			
Free Elective			6
		Total Units	6
		Grand Total:	60

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First Semester (FALL)			
UD Major	KIN 300	Critical Inquiry in Kinesiology	4
UD Major	KIN 301	Applied Musculoskeletal Anatomy	3
UD Major	KIN 305	Critical Issues of the Body	4
UD Major / Group B	Group B elective		3
UD-5/Sustainability			3
		Total:	17
Second Semester (SPRING)			
UD Major	KIN 302/303/306/307/308		3-4
UD Major	KIN 302/303/306/307/308		3-4
UD Major	KIN 302/303/306/307/308		3-4
UD Major	KIN 302/303/306/307/308		3-4
		Total:	15-16
Third Semester (FALL)			
UD Major/Group A	Group A elective		3
UD Major	Major elective		3
UD Major/Group C	Group C elective		3
UD Major/UWR	KIN 422W	Exercise Nutrition	3
UD Major / UD-4 / Social Justice	KIN 489	Sport, Racism, and Ethnicity	3
		Total:	15
Fourth Semester (SPRING)			
UD Major / UD-3 / Diversity	KIN 370	US Twentieth Century Women's Sport	3
UD Major	Major elective		3
Free elective			3
Free elective			3-4
		Total:	12-13
		Grand Total:	60
Updated: 9/1/2025			