

KINESIOLOGY ADT TO CSU EAST BAY KINESIOLOGY BS CHECKLIST/ROADMAP

ADT KINESIOLOGY – 60 Sem. Units	Sem. Units	Community College Courses
CSUGE or IGETC	39	<i>CSU general education certification requires completion of all requirements in Areas A through E, approximately 39 units</i>
AREA D REQUIREMENT: US History, Constitution & American Ideals Code Requirement	3-9	US-1: US-2: US-3:
Diversity/Social Justice/Sustainability <i>Can be fulfilled in area C or D</i>	3-9	DIV: SJ: SUS:
Second Composition (Comp II) Can be fulfilled with A3 Any Composition course with ENGL 100 as a prerequisite	3	
<i>The following areas are for the CID TMC/Courses and matching Community College Courses</i>		
Major Core (C-ID)	14	Community College Courses
KIN 100 - Introduction to Kinesiology	3	
BIOL 110B - Human Anatomy with Lab	4	
BIOL 120B - Human Physiology with Lab	4	
Movement-Based Courses (3 unit minimum) Select one course maximum from three of the following areas:	3	
Area 1: Aquatics		
Area 2: Combatives		
Area 3: Dance		
Area 4: Fitness		
Area 5: Individual Sports		
Area 6: Team Sports		
LIST A: Choose 2 courses	6	
MATH 110 - Introduction to Statistics (3) OR SOC 125 - Introduction to Statistics in Sociology (3)		
Human Biology (4)		
Survey of General, Organic, and Biological Chemistry (5) OR CHEM 110 - General Chemistry for Science Majors I with Lab (5)		
PHYS 105 Algebra/Trigonometry-Based Physics A (4) OR PHYS 205 - Calculus-Based Physics for Scientists and Engineers: A (4)		
KIN 101 - First Aid and CPR (3)		
Total Units ADT *KINESIOLOGY*	60	

PLEASE NOTE: This page assumes Semester Units.

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CSUEB: B.S. KINESIOLOGY <i>Complete Degree in 60 Semester Units</i>	Semester UNITS	NOTES
GRADUATION REQUIREMENTS <i>These should be fulfilled at the Community College, however if not taken at the Community College, they must be completed at CSU East Bay</i>		
US History, Constitution & American Ideals	0-9	
1) First Category US-1	0-3	
2) Second Category US-2	0-3	
3) Third Category US-3	0-3	
These courses must be taken at CSU East Bay		
Upper Division GE <i>See catalog</i>	9	CSUEB COURSES
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, Social Justice, or Sustainability.		
Area B6 Upper Division Science course	3	Course: OVERLAY:
Area C4 Upper Division Humanities course	3	Course: OVERLAY:
Area D4 Upper Division Social Sciences course	3	Course: KIN 489 OVERLAY: SJ
Lower Division Core	3	
KIN 162 - Nutrition and Performance Units: 3 ; G.E./G.R. Area: B2 OR KIN 270 - Women and Sport Units: 3 ; G.E./G.R. Area: D1-3; Diversity		
Upper Division Core	36	
KIN 300 - Critical Inquiry in Kinesiology Units: 4		
KIN 301 - Applied Musculoskeletal Anatomy Units: 3		
KIN 302 - Social Justice in Kinesiology Units: 4		
KIN 303 - Biomechanics Units: 4		
KIN 304 - Motor Development Units: 3		
KIN 305 - Critical Issues of the Body Units: 4		
KIN 306 - Exercise Physiology Units: 4		
KIN 307 - Motor Skill Acquisition and Training Units: 3		
KIN 308 - Psychology of Physical Activity and Performance Units: 4		
KIN 498 - Internship Units: 1 - 3 *		*Three (3) units of KIN 498 are required
Electives: CHOOSE AT LEAST 15 UNITS FROM (2) OUT OF (3) GROUPS	15	
GROUP A		
KIN 406 - Introduction to Adapted Physical Activity Units: 3		
KIN 409 - Spinal Biomechanics & Low Back Disorders Units: 3		
KIN 410 - Musculoskeletal Injuries in Work and Sport Units: 3		
KIN 420 - Exercise Prescription Units: 3		
KIN 421 - Clinical Exercise Physiology Units: 3		
KIN 422 - Exercise Nutrition Units: 3		

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KIN 423 - Exercise and Stress Units: 3		
GROUP B		
KIN 310 - Bone Health and Exercise Units: 3		
KIN 372 - Teaching Fitness and Self Defense Units: 1		
KIN 375 - Concepts of Teaching Aquatics Units: 1		
KIN 404 - Elementary Physical Education Curriculum Units: 3		
KIN 424 - Exercise and Gerontology Units: 3		
KIN 447 - Motor Skill Expertise Units: 3		
KIN 448 - Mental Skills for Learning and Performance Units: 3		
GROUP C		
DANC 341 - Dance for Children Units: 3 ; G.E./G.R. Area: C4		
KIN 340 - Ergonomics Units: 3		
KIN 379 - Games Concepts I Units: 2		
KIN 380 - Games Concepts II Units: 2		
KIN 405 - Theories of Teaching Secondary Physical Education Curriculum Units: 3		
KIN 470 - Sport in the Local Community Units: 3		
KIN 480 - Gender and Sexualities in Sport Units: 3		
KIN 489 - Sport, Racism, and Ethnicity Units: 3 ; G.E./G.R. Area: D4; Social Justice		RECOMMEND THIS CLASS TO NOT EXCEED 60 UNITS
Elective Substitutions: The following courses may be substituted for elective requirements with approval of department chair		
KIN 490 - Independent Study Units: 1 - 3		
KIN 493 - Project Units: 1 - 3		
KIN 495 - Practicum in Kinesiology Units: 1 - 3		
KIN 497 - Contemporary Issues in Kinesiology Units: 3		
ADDITIONAL COURSE to reach 60 Units	0	<i>These courses may be additional Major Courses or prerequisites not taken at the Community College</i>
<i>If needed</i>		
Total Semester Units at CSUEB	60	60

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FIRST SEMESTER JUNIOR YEAR			
APPLY for the WST BOOTCAMP And register to take the University Writing Skills Requirement			
UDGE D4	COURSE: KIN 489	OVERLAY: Social Justice	3
CORE	KIN 300	CRITICAL INQUIRY IN KIN	4
CORE	KIN 301	APPLIED MUSCULOSKELETAL ANATOMY	3
CORE	KIN 162 OR 270	NUTRITION AND PERFORMANCE OR WOMEN AND SPORT	3
CORE	KIN 304	MOTOR DEVELOPMENT	3
		TOTAL:	16
SECOND SEMESTER JUNIOR YEAR			
TAKE THE UNIVERSITY WRITING SKILLS TEST			
UDGE B6	COURSE:	OVERLAY:	3
CORE	KIN 302	SOCIAL JUSTICE IN KIN	4
CORE	KIN 306	EXERCISE PHYSIOLOGY	4
CORE	KIN 307	MOTOR SKILL ACQUISITION & TRAINING	3
CORE	KIN 498	INTERNSHIP (1 OUT OF 3 UNITS)	1
		TOTAL:	15
THIRD SEMESTER SENIOR YEAR			
Verify that you have completed the University Writing Skills Requirement. Check your MyCSUEB "Degree Audit Report" (DAR) and email any discrepancies to The ADT ADVISER.			
UDGE C4	COURSE:	OVERLAY:	3
CORE	KIN 303	BIOMECHANICS	4
CORE	KIN 305	CRITICAL ISSUES OF THE BODY	4
CORE	KIN 498	INTERNSHIP (1 OUT OF 3 UNITS)	1
MAJOR ELECT	KIN	ELECTIVE	3
		TOTAL:	15
FOURTH SEMESTER SENIOR YEAR			
See the ADT ADVISER and apply for graduation through MyCSUEB by the posted deadline, available at Important Dates			
CORE	KIN 308	PSYC OF PHYSICAL ACTIVITY & PERFORMANCE	4
CORE	KIN 498	INTERNSHIP (1 OUT OF 3 UNITS)	1
MAJOR ELECT	KIN	ELECTIVE	3
MAJOR ELECT	KIN	ELECTIVE	3
MAJOR ELECT	KIN	ELECTIVE	3
		TOTAL:	14
GRAND TOTAL:			60