

California State University, East Bay					Net ID:	
Name: (Last, First)			Degree: BACHELOR OF SCIENCE			
Major: Kinesiology - 2018-2020 Catalog						
REQUIREMENTS	UNITS	GRADE	TERM/ YEAR	SUBSTITUTION	Notes	
Core Classes (50 units) - Offered Fall (F) and Spring (Sp)						
BIO 270 Hum Phys & Anatomy I	4					
Bio 271 Hum Phys & Anatomy II	4					
KIN 160 Introduction to Kinesiology	4					
Kin 162 Nutrition and Performance -or- Kin 270	3					
KIN 300 Critical Inquiry in Kinesiology	4					
KIN 301 Applied Musculoskeletal Anatomy	3					
KIN 302 Social Justice in Kinesiology	4					
Kin 303 Biomechanics	4					
KIN 304 Motor Development	3					
Kin 305 Critical Issues of the Body	4					
KIN 306 Exercise Physiology	4					
KIN 307 Motor Skill Acquisition and Training	3					
KIN 308 Psychology of Physical Activity & Performance	4					
KIN 498 Internship	3					
Elective courses (15 units) - Select 15 units from at least (2) of the (3) groups						
Group A						
Kin 406 Introduction to Adapted Physical Activity (Sp)	3					
Kin 409 Spinal Biomechanics & Low Back Disorders (Sp)	3					
Kin 410 Musculoskeletal Injuries in Work & Sport (F)	3					
Kin 420 Exercise Prescription	3					
Kin 421 Clinical Exercise Physiology	3					
Kin 422 Exercise Nutrition	3					
Kin 423 Exercise and Stress	3					
Group B						
Kin 447 Motor Skill Expertise	3					
Kin 448 Mental Skills for Learning and Performance	3					
Kin 404 Elementary Physical Education Curriculum (F)	3					
Kin 424 Exercise and Gerontology (Sp)						
Kin 310 Bone Health and Exercise (Sp)	3					
Kin 372 Teaching Fitness and Self Defense (F)	1					
Kin 375 Concepts of Teaching Aquatics (Sp)	1					
Group C						
Kin 370 US 20th Century Women's Sport	3					
Kin 470 Sport in the Local Community (Sp)	3					
Kin 480 Gender and Sexualities in Sport (Sp)	3					
Kin 489 Sport, Racism, and Ethnicity	3					
Kin 379 Games Concepts I (F)	2					
Kin 380 Game Concepts II (Sp)	2					
Kin 405 Theories of Teaching Secondary Physical Ed (Sp)	3					
Danc 341 Dance for Children	3					
Kin 340 Ergonomics (Sp)	3					