

**Major Required 39 units**

BIO1150 - Basic Biology (3) (B2)  
 BIO1150L - Basic Biology Laboratory (1) (B3)  
 BIO2340 - Human Anatomy (2)  
 BIO2340L - Human Anatomy Laboratory (2)  
 BIO2350 - Human Physiology (3)  
 BIO2350L - Human Physiology Laboratory (1)  
 KIN2020 - Introduction to Kinesiology and Health Promotion (3)  
 KIN2050 - Applied Health & Well-Being (3)  
 KIN2200 - Pedagogical Principles of Kinesiology and Health Promotion (3)  
 KIN2290 - Contemporary Issues in Kinesiology and Health Promotion (3)  
 KIN3030 - Physiology of Exercise (3)  
 KIN3030L - Physiology of Exercise Laboratory (1)  
 KIN3040 - Introduction to Biomechanics (3)  
 KIN3040L - Introduction to Biomechanics Laboratory (1)  
 KIN3620 - Motor Behavior (3)  
 KIN3620A - Motor Behavior Activity (1)  
 STA1200 - Statistics with Applications (3) (B4)

**Subplan/Option Required 10 units**

KIN3510 - Philosophical and Ethical Issues (3)  
 KIN3650 - Dimensions of the Aging Process (3)  
 PHY1210 - Physics of Motion, Fluids, and Heat (3) (B1)  
 PHY1210L - Physics of Motion, Fluids, and Heat Laboratory (1) (B3)

**Subplan/Option Electives 28 units**

ANT3570 - Health Systems Past and Present (3)  
 BIO1210 - Foundations of Biology: Energy, Matter, and Information (3)  
 BIO1210L - Foundations of Biology: Energy, Matter, and Information Laboratory (1)  
 BIO1220 - Foundations of Biology: Evolution, Ecology, and Biodiversity (3)  
 BIO1220L - Foundations of Biology: Evolution, Ecology, and Biodiversity Laboratory (1)  
 BIO2060 - Basic Microbiology (3)  
 BIO2060L - Basic Microbiology Laboratory (1)  
 BIO2400 - Genetics (3)  
 BIO3000 - Genetics and Human Issues (3) (B5)  
 BIO3220 - Cell and Molecular Biology (3)  
 BIO3600 - General Epidemiology (3)  
 BIO4700 - Hematology (3)  
 BIO4700L - Hematology Laboratory (1)  
 CHM1210 - General Chemistry I (3) (B1)  
 CHM1210L - General Chemistry Laboratory I (1) (B3)  
 CHM1220 - General Chemistry II (3) (B1)  
 CHM1220L - General Chemistry Laboratory II (1) (B3)  
 CHM2010 - Elements of Organic Chemistry (3)  
 CHM2010L - Elements of Organic Chemistry Laboratory (1)  
 EWS4070 - Diverse Gender and Sexual Identities (3) (D4)  
 IBM3012 - Principles of Marketing Management (3)  
 KIN3010 - Foundations of Exercise Science (3) (B5)  
 KIN4080 - Drugs and Society (3)  
 KIN4120 - Movement Anatomy and Kinesiology (3)  
 KIN4120L - Movement Anatomy and Kinesiology Laboratory (1)  
 KIN4410 - Internship in Kinesiology (1-2)  
 KIN4430 - Inequality in Sport and Physical Activity (3) (D4)  
 KIN4440 - Sport and Film (3) (D3)  
 KIN4450 - Social and Historical Perspectives in Kinesiology (3)  
 KIN4500 - Electrocardiography in Health and Exercise (2)  
 KIN4500L - Electrocardiography in Health and Exercise Laboratory (1)  
 KIN4510 - Exercise Prescription and Fitness Testing (3)  
 KIN4510A - Exercise Prescription and Fitness Testing Activity (1)  
 KIN4520 - Injury Prevention and Emergency Care (2)  
 KIN4520A - Injury Prevention and Emergency Care Activity (1)  
 KIN4530 - Sports Medicine (3)  
 KIN4540 - Exercise Bioenergetics and Metabolism (3)  
 KIN4550 - Principles of Strength and Conditioning (3)  
 KIN4550L - Principles of Strength and Conditioning Laboratory (1)  
 KIN4610 - Senior Project (3)  
 KIN4650 - Health Promotion Program Planning (3)  
 KIN4650A - Health Promotion Program Planning Activity (1)  
 MAT1060 - Trigonometry (3) (B4)  
 NTR3050 - Nutrition, Science and Health (3) (B5)  
 PHY1220 - Physics of Electromagnetism, Circuits, and Light (3)  
 PHY1220L - Electromagnetism, Circuits, and Light Laboratory (1)  
 PSY2201 - Introduction to Psychology (3) (E)  
 PSY3314 - Human Relations in Organizations (3)

PSY3326 - Health Psychology (3) (B5 or D4)  
 PSY4150 - Abnormal Psychology (3)  
 PSY4170 - Basic Counseling Skills (3)  
 SOC2201 - Introduction to Sociology (3) (D3)  
 SOC3309 - Social Stratification and Inequality (3)  
 SOC3340 - Social Change and Social Movements (3)

**Emphasis Electives 21-27 units**

Optional Emphasis Electives can be chosen from above Option Electives. Select additional electives above to total 28 units.

**Exercise Science Emphasis 24 units**

KIN3010 - Foundations of Exercise Science (3) (B5)  
 KIN4120 - Movement Anatomy and Kinesiology (3)  
 KIN4120L - Movement Anatomy and Kinesiology Laboratory (1)  
 KIN4500 - Electrocardiography in Health and Exercise (2)  
 KIN4500L - Electrocardiography in Health and Exercise Laboratory (1)  
 KIN4510 - Exercise Prescription and Fitness Testing (3)  
 KIN4510A - Exercise Prescription and Fitness Testing Activity (1)  
 KIN4530 - Sports Medicine (3)  
 KIN4540 - Exercise Bioenergetics and Metabolism (3)  
 KIN4550 - Principles of Strength and Conditioning (3)  
 KIN4550L - Principles of Strength and Conditioning Laboratory (1)

**Health Promotion Emphasis 27 units**

IBM3012 - Principles of Marketing Management (3)  
 KIN4510 - Exercise Prescription and Fitness Testing (3)  
 KIN4510A - Exercise Prescription and Fitness Testing Activity (1)  
 KIN4550 - Principles of Strength and Conditioning (3)  
 KIN4550L - Principles of Strength and Conditioning Laboratory (1)  
 KIN4650 - Health Promotion Program Planning (3)  
 KIN4650A - Health Promotion Program Planning Activity (1)  
 PSY2201 - Introduction to Psychology (3) (E)  
 PSY3314 - Human Relations in Organizations (3)  
 PSY3326 - Health Psychology (3) (B5 or D4)  
 PSY4170 - Basic Counseling Skills (3)

**Sociocultural Emphasis 21 units**

EWS4070 - Diverse Gender and Sexual Identities (3) (D4)  
 KIN4430 - Inequality in Sport and Physical Activity (3) (D4)  
 KIN4440 - Sport and Film (3) (D3)  
 KIN4450 - Social and Historical Perspectives in Kinesiology (3)  
 SOC2201 - Introduction to Sociology (3) (D3)  
 SOC3309 - Social Stratification and Inequality (3)  
 SOC3340 - Social Change and Social Movements (3)

**Unrestricted Electives 0-16 units**

Select a sufficient number of courses so that the total from "Major Required", "Subplan/Option Required", "Subplan/Option Electives", "GE", and "Unrestricted Electives" is at least 120 units.

**General Education Requirements 48 Units**

Students should consult the Academic Programs website  
<https://www.cpp.edu/~academic-programs/general-education-course-listings.shtml>  
 for current information regarding this requirement. Unless specific courses are required, please refer to the list of approved courses under General Education Requirements, Areas A through E.

**Area A. English Language Communication and Critical Thinking (9 units)**

At least 3 units from each sub-area  
 1. Oral Communication  
 2. Written Communication  
 3. Critical Thinking

**Area B. Scientific Inquiry and Quantitative Reasoning (12 units)**

At least 3 units from B1, B2, B4, and B5 including 1 unit of lab from B1 or B2 to fulfill B3  
 1. Physical Sciences  
 2. Life Sciences  
 3. Laboratory Activity  
 4. Mathematics/Quantitative Reasoning  
 5. Science and Technology Synthesis

**Area C. Arts and Humanities (12 units)**

At least 3 units from each sub-area and 3 additional units from sub-areas 1 and/or 2  
 1. Visual and Performing Arts  
 2. Literature, Modern Languages, Philosophy and Civilization  
 3. Arts and Humanities Synthesis

**Area D. Social Sciences (12 units)**

At least 3 units from each sub-area  
 1. U.S. History and American Ideals  
 2. U.S. Constitution and California Government  
 3. Social Sciences: Principles, Methodologies, Value Systems, and Ethics  
 4. Social Science Synthesis

**Area E. Lifelong Learning and Self-Development (3 units)**

**Interdisciplinary General Education 21 Units**

An alternate pattern for partial fulfillment of GE Areas A, C, and D available for students is the Interdisciplinary General Education (IGE) program. Students should see an advisor for specific GE coursework required by their major. Please refer to the University Catalog General Education Program section for additional information.

**How IGE fulfills General Education Requirements:**

Year	Completion of IGE Courses	Satisfies GE Requirements
First	IGE 1100, IGE 1200	A2 and C2
Second/Third	IGE 2100, IGE 2200	C1 and C2
	IGE 2300, IGE 2400	D1 and D3
Third/Fourth	IGE 3100	C3 or D4

**American Institutions 6 Units**

Courses that satisfy this requirement may also satisfy GE Area D1 and D2.

**American Cultural Perspectives Requirement 3 Units**

Refer to the University Catalog General Education Program section for a list of courses that satisfy this requirement. Course may also satisfy major, minor, GE, or unrestricted elective requirements.

**Graduation Writing Test**

All persons who receive undergraduate degrees from Cal Poly Pomona must pass the Graduation Writing Test (GWT). The test must be taken by the semester following completion of 60 units for undergraduates.