



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

Plan (Major) KINESIOLOGY  
Subplan/Option Exercise Science

Catalog Year 2010-2011 Name \_\_\_\_\_  
Minimum Units Required 180 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       |
| Introduction to Biomechanics                     | KIN 304/304L | 3/1       |
| Lifespan Motor Development                       | KIN 312/312A | 3/1       |
| Tests and Measurements                           | KIN 425/425A | 3/1       |
| <b>Total Units</b>                               |              | <b>20</b> |

| Required Subplan/Option Courses        |              |           |
|--|--------------|-----------|
| Course                                 |              | Units     |
| Physiology of Exercise II              | KIN 403/403L | 3/1       |
| Movement Anatomy and Kinesiology       | KIN 412/412A | 3/1       |
| Motor Learning and Human Performance   | KIN 430/430L | 3/1       |
| Principles of Health/Fitness Programs  | KIN 453      | 3         |
| Sports Medicine                        | KIN 455      | 4         |
| Exercise Metabolism and Weight Control | KIN 456      | 3         |
| Human Anatomy                          | ZOO 234/234L | 3/2       |
| Human Physiology                       | ZOO 235/235L | 3/1       |
| <b>Total Units</b>                     |              | <b>31</b> |

| Required Support Courses          |                   |           |
|-----------------------------------|-------------------|-----------|
| Course                            |                   | Units     |
| General Chemistry (B1, B3)        | CHM 121/121L      | 3/1       |
| Basic Biology (B2, B3)            | BIO 115/115A/115L | 3/1/1     |
| Statistics with Applications (B4) | STA 120           | 4         |
| <b>Total Units</b>                |                   | <b>13</b> |

| Elective Support Courses   |                |           |
|--|----------------|-----------|
| Course   |                | Units     |
| Students in the Exercise Science Option must complete the courses listed in one of the following tracks: |                |           |
| <b>Clinical Health Science Track</b>   |                |           |
| Genetics   | BIO 303        | 4         |
| Cell and Molecular Biology   | BIO 310        | 4         |
| General Chemistry/Lab  | CHM 122/122L   | 3/1       |
| General Chemistry/Lab  | CHM 123/123L   | 3/1       |
| Elements of Organic Chemistry  | CHM 201/250L   | 3/1       |
| Elements of Biochemistry   | CHM 321/321L   | 3/1       |
| Nutrition  | FN 235         | 4         |
| Senior Project   | KIN 461, 462   | 2, 2      |
| Basic Microbiology   | MIC 201/201L   | 3/2       |
| College Physics/Lab  | PHY 121/121L   | 3/1       |
| College Physics/Lab  | PHY 122/122L   | 3/1       |
| College Physics/Lab  | PHY 123/123L   | 3/1       |
| An additional 11 units selected from courses listed on reverse.  |                | 11        |
| <b>-OR-</b>  |                |           |
| <b>Human Performance Track</b>   |                |           |
| Nutrition, Science and Health  | FN 305         | 4         |
| Psychological Aspects of Physical Activity and Sport   | KIN 363        | 4         |
| Science of Physical Aging  | KIN 365        | 4         |
| Stress Management for Healthy Living   | KIN 370        | 4         |
| Phys Education for Physically & Other Health*  | KIN 406/406A   | 3/1       |
| or Phys Education for Physically Service Learn   | KIN 406S/406AS | (3/1)     |
| Drug Education   | KIN 408        | 4         |
| Exercise Physiology Fieldwork  | KIN 458/458A   | 1/2       |
| Health Fitness Instructor  | KIN 459        | 3         |
| Senior Project   | KIN 461/462    | 2/2       |
| Electrocardiography in Exercise and Disease  | KIN 470/L      | 3/1       |
| An additional 22 units selected from courses listed on reverse.  |                | 22        |
| <b>Total Units</b>   |                | <b>60</b> |

Check *University Catalog* for prerequisites to all courses.

| General Education Requirements                              |  |           |
|---|--|-----------|
| Area  |  | Units     |
| <b>Area A Communication &amp; Critical Thinking</b>         |  | <b>12</b> |
| 1 Oral Communication  |  |           |
| 2 Written Communication                                     |  |           |
| 3 Critical Thinking   |  |           |
| <b>Area B Mathematics &amp; Natural Sciences</b>            |  | <b>16</b> |
| <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                            |  |           |
| <b>Area C Humanities</b>                                    |  | <b>16</b> |
| 1 Visual and Performing Arts                                |  |           |
| 2 Philosophy and Civilization                               |  |           |
| 3 Literature and Foreign Language                           |  |           |
| 4 Humanities Synthesis                                      |  |           |
| <b>Area D Social Sciences</b>                               |  | <b>20</b> |
| 1 U.S. History, Constitution, American Ideals               |  |           |
| 2 History, Economics and Political Science                  |  |           |
| 3 Sociology, Anthropology, Ethnic & Gender Studies          |  |           |
| 4 Social Science Synthesis                                  |  |           |
| <b>Area E Lifelong Understanding &amp; Self Development</b> |  | <b>4</b>  |
| <b>Total Units</b>  |  | <b>68</b> |

|   |   |
|---|---|
| <b>American Institutions</b>  |   |
| Courses that satisfy this requirement may also satisfy G.E. Area D1 | 8 |

|  |   |
|--|---|
| <b>American Cultural Perspectives Requirement</b>  |   |
| 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 |
| General Chemistry   | CHM 121/121L      | B1, B3  |
| Basic Biology   | BIO 115/115A/115L | B2, B3  |
| Statistics with Applications  | STA 120           | B4      |
| 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 -- EXERCISE SCIENCE OPTION

### CLINICAL HEALTH SCIENCE TRACK

|  |              |       |
|--|--------------|-------|
| <i>Select 11 units from the following:</i> |              | 11    |
| Biometrics*                                | BIO 211/L    | (3/1) |
| Organic Chemistry*                         | CHM 314/317L | (3/1) |
| Organic Chemistry*                         | CHM 315/318L | (3/1) |
| Organic Chemistry*                         | CHM 316/319L | (3/1) |
| Adv. Nutrient Metabolism I*                | FN 433       | (4)   |
| Adv. Nutrient Metabolism II*               | FN 434       | (4)   |
| Adv. Nutrient Metabolism III*              | FN 435       | (4)   |
| First Aid                                  | KIN 205/A    | (2/1) |
| Trigonometry                               | MAT 106      | (4)   |
| General Epidemiology*                      | MIC 330      | (4)   |
| Hematology*                                | MIC 444/L    | (3/1) |
| Human Relations*                           | PSY 314      | (4)   |
| Basic Counseling*                          | PSY 417      | (4)   |
| Human Embryology*                          | ZOO 415/L    | (3/1) |

### HUMAN PERFORMANCE TRACK

|   |           |       |
|---|-----------|-------|
| <i>Select 22 units from the following:</i>        |           | 22    |
| Biometrics*                                       | BIO 211/L | (3/1) |
| Genetics*   | BIO 303   | (4)   |
| Elements of Biochemistry*                         | CHM 321/L | (3/1) |
| Adv. Nutrient Metabolism I*                       | FN 433    | (4)   |
| Adv. Nutrient Metabolism II*                      | FN 434    | (4)   |
| Adv. Nutrient Metabolism III*                     | FN 435    | (4)   |
| First Aid   | KIN 205/A | (2/1) |
| Introduction to Adapted Physical Ed.              | KIN 206   | (3)   |
| or Intro to Adapted Physical Ed. Service Learning | KIN 206S  | (3)   |
| Personal Health                                   | KIN 207   | (4)   |
| General Epidemiology*                             | MIC 330   | (4)   |
| Hematology*                                       | MIC 444/L | (3/1) |
| Human Relations*                                  | PSY 314   | (4)   |
| Abnormal Psychology*                              | PSY 415   | (4)   |
| Basic Counseling*                                 | PSY 417   | (4)   |
| Human Embryology*                                 | ZOO 415/L | (3/1) |

*\*Check University Catalog for prerequisites.*

*Revised 2010*