



California State Polytechnic University, Pomona
Degree Curriculum Sheet

Plan (Major) KINESIOLOGY
Subplan/Option Health Promotion

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
Total Units		20

Required Subplan/Option Courses		
Course		Units
Nutrition, Science, and Health	FN 305	4
First Aid	KIN 205/205A	2/1
Personal Health	KIN 207	4
Consumer Health	KIN 380	4
Drug Education	KIN 408	4
Health Program Needs Assessment	KIN 479/479A	2/2
Health Program Planning & Evaluation	KIN 480/480A	3/1
Senior Project	KIN 461/462	2/2
Mind, Brain, and Behavior	PSY 210	4
Health Psychology	PSY 326	4
Human Anatomy	ZOO 234/234L	3/2
Human Physiology*	ZOO 235/235L	3/1
Total Units		48

Required Support Courses		
Course		Units
Basic Biology (B2, B3)	BIO 115/115A/115L	3/1/1
Statistics with Applications (B4)	STA 120	4
Stress Management for Healthy Living (B5 or D4)	KIN 370	4
General Psychology (E)	PSY 201	4
Total Units		17

Elective Support Courses		
Course		Units
Students in the Health Promotion Option must complete the courses listed in one of the following tracks:		
Worksite Health Promotion Track		
Principles of Marketing Management	IBM 301	4
Physiology of Exercise II	KIN 403/403L	3/1
Movement Anatomy & Kinesiology	KIN 412/412A	3/1
Principles of Health/Fitness Programs	KIN 453	3
Sports Medicine*	KIN 455	4
Exercise Metabolism and Weight Control	KIN 456	3
Exercise Physiology Fieldwork	KIN 458/458A	1/2
Health/Fitness Instructor	KIN 459	3
An additional 15 units selected from courses listed on reverse.		15
-OR-		
Health Education Track		
Human Sexuality	BIO 301	4
Biology of Cancer	BIO 302	4
Sexually Transmitted Diseases: Current Issues	BIO 311	4
Community Service Learning	EWS 280	4
School Health Education	KIN 441	3
Community Psychology	PSY 425	4
Family Violence	SW 322	4
An additional 16 units selected from courses listed on reverse.		16
Total Units		43

Check *University Catalog* for prerequisites to all courses.

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

American Institutions	
Courses that satisfy this requirement may also satisfy G.E. Area D1	8

American Cultural Perspectives Requirement	
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
Basic Biology	BIO 115/115A/115L	B2, B3
Statistics with Applications	STA 120	B4
Stress Management for Healthy Living	KIN 370	B5 or D4
General Psychology	PSY 201	E
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 -- HEALTH PROMOTION OPTION

WORKSITE HEALTH PROMOTION TRACK

Select 15 units from the following:

		15
Financial Accounting for Decision Making	ACC 207/A	(5)
Genetics and Human Issues*	BIO 300	(4)
Introduction to Ethnic Studies	EWS 140	(4)
Marketing Strategy*	IBM 302	(4)
International Marketing Communication*	IBM 307	(4)
Marketing of Services*	IBM 316	(4)
Marketing for Small Business Organizations*	IBM 410	(4)
Human Relations*	PSY 314	(4)
Cognitive Processes*	PSY 334	(4)
Educational Psychology*	PSY 340	(4)
Social Psychology*	PSY 401	(4)
Theories of Learning*	PSY 402	(4)
Basic Counseling*	PSY 417	(4)
Contemporary Social Problems	SOC 301	(4)

HEALTH EDUCATION TRACK

Select 16 units from the following:

		16
Financial Accounting for Decision Making	ACC 207/A	(5)
Genetics and Human Issues*	BIO 300	(4)
Introduction to Ethnic Studies	EWS 140	(4)
Nutrition of the Life Cycle	FN 335	(4)
Exercise Metabolism and Weight Control*	KIN 456	(3)
Human Relations*	PSY 314	(4)
Cognitive Processes*	PSY 334	(4)
Educational Psychology*	PSY 340	(4)
Social Psychology*	PSY 401	(4)
Theories of Learning*	PSY 402	(4)
Basic Counseling*	PSY 417	(4)
Contemporary Social Problems	SOC 301	(4)
Death and Dying	SW 470	(4)

*Check University Catalog for prerequisites.

Revised 2010