



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

Plan (Major) KINESIOLOGY
Subplan/Option Exercise Science

Catalog Year 2011-2012
Minimum Units Required 180

Name _____
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
Genetics	BIO 303	4
Nutrition	FN 235	4
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 Exercise Prescription and 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
Electrocardiography in Exercise and Disease	KIN 470/470L	3/1
Senior Project	KIN 461, 462	2, 2
College Physics/Laboratory	PHY 121/121L	3/1
Human Anatomy	ZOO 234/234L	3/2
Human Physiology	ZOO 235/235L	3/1
Total Units		54

Required Support Courses		
Course		Units
Basic Biology (B2, B3)	BIO 115/115A/115L	3/1/1
General Chemistry (B1, B3)	CHM 121/121L	3/1
Foundations of Exercise Science (B5)	KIN 301	4
Statistics with Applications (B4)	STA 120	4
Total Units		17

Elective Support Courses		
Course		Units
Students in the Exercise Science Option must complete 37 units from the following:		37
Biometrics	BIO 211/211L	(3/1)
Cell and Molecular Biology	BIO 310	(4)
General Chemistry	CHM 122/122L	(3/1)
General Chemistry	CHM 123/123L	(3/1)
Elementary of Organic Chemistry	CHM 201	(3)
Elementary of Organic Chemistry Laboratory	CHM 250L	(1)
Organic Chemistry I	CHM 314	(3)
Organic Chemistry I Laboratory	CHM 317L	(1)
Organic Chemistry II	CHM 315	(3)
Organic Chemistry II Laboratory	CHM 318L	(1)
Organic Chemistry III	CHM 316	(3)
Organic Chemistry III Laboratory	CHM 319L	(1)
Elements of Biochemistry	CHM 321/321L	(3/1)
Introduction to Adapted Physical Education	KIN 206/206A	(3/1)
Personal Health	KIN 207	(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)
Physical Education for Physically & Health Impaired	KIN 406/406A	(3/1)
Drug Education	KIN 408	(4)
Health/Fitness Instructor	KIN 459	(3)
Basic Microbiology	MIC 201/201L	(3/1)
General Epidemiology	MIC 330	(4)
Hematology	MIC 444/444L	(3/1)
College Physics	PHY 122/122L	(3/1)
College Physics	PHY 123/123L	(3/1)
Human Relations	PSY 314	(4)
Abnormal Psychology	PSY 415	(4)
Basic Counseling Skills	PSY 417	(4)
Human Embryology	ZOO 415/415L	(3/1)
Total Units		37

Check *University Catalog* for prerequisites to all courses.

General Education Requirements		Units
Area A		
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		Units
Courses that satisfy this requirement may also satisfy G.E. Area D1		8

American Cultural Perspectives Requirement		Units
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
Foundations of Exercise Science	KIN 301	B5

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.