



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

Plan (Major) **KINESIOLOGY**

Catalog Year **2014 - 2015**

Name _____

Subplan/Option **Exercise Science**

Minimum Units Required **180**

Student ID _____

Required Core Courses		
Course		Units
Required of all students. A 2.0 cumulative GPA is required in core courses, as well as subplan courses, in order to receive a degree in the major.		
Professions in Kinesiology and Health Promotion	KIN 201	1
Critical Perspectives in Kinesiology	KIN 209	3
Physiology of Exercise	KIN 303/303L	3/1
Intro to Biomechanics	KIN 304/304L	3/1
Lifespan Motor Development	KIN 312/312A	3/1
Tests and Measurements in Physical Education	KIN 425/425A	3/1
Total Units		20

Required Subplan/Option Courses		
Course		Units
Human Physiology	BIO 235/235L	4/1
Genetics	BIO 303	4
Nutrition	FN 235	4
Physiology of Exercise II	KIN 403/403L	3/1
Movement Anatomy and Kinesiology & Lab	KIN 412/412L	3/1
Motor Learning and Human Performance & Lab	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
Senior Project	KIN 461	2
and Senior Project	KIN 462	2
Electrocardiography in Health and Exercise & Lab	KIN 470/470L	3/1
College Physics & Lab	PHY 121/121L	3/1
Human Anatomy & Lab	ZOO 234/234L	3/2
Total Units		55

Required Support Courses		
Course		Units
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.		
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
<i>Students in the Exercise Science Option must complete 36 units from the following:</i>		
Biometrics & Lab	BIO 211/211L	(3/1)
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	(3)
Elements of Organic Chemistry Lab	CHM 250L	(1)
Organic Chemistry I	CHM 314	(3)
Organic Chemistry I Lab	CHM 317L	(1)
Organic Chemistry II	CHM 315	(3)
Organic Chemistry II Lab	CHM 318L	(1)
Organic Chemistry III	CHM 316	(3)
Organic Chemistry III Lab	CHM 319L	(1)
Elements of Biochemistry	CHM 321/321L	(3/1)
Intro 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 and Health Impaired	KIN 406/406A	(3/1)
Drug Education	KIN 408	(4)
Health/Fitness Instructor	KIN 459	(3)
Trigonometry	MAT 106	(4)
Basic Microbiology & Lab	MIC 201/201L	(3/1)
General Epidemiology	MIC 330	(4)
Hematology & Lab	MIC 444/444L	(3/1)
College Physics & Lab	PHY 122/122L	(3/1)
College Physics & Lab	PHY 123/123L	(3/1)
Human Relations	PSY 314	(4)
Abnormal Psychology	PSY 415	(4)
Basic Counseling Skills	PSY 417	(4)
Total Units		36

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 subarea 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	
a. United States History	
b. Introduction to American Government	
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 GE 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

All persons who receive undergraduate degrees from Cal Poly Pomona must pass the Graduation Writing Test (GWT). The test must be taken by the quarter following completion of 120 units for undergraduates.