Plan (Major) **KINESIOLOGY**

Subplan/Option **Health Promotion**

Catalog Year **2016 - 2017**

Minimum Units Required **180**

Name

Student ID

Required Core Courses

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.

KIN 201 - Professions in Kinesiology and Health Promotion (1)
KIN 209 - Critical Perspectives in Kinesiology (3)
KIN 303/303L - Physiology of Exercise (3/1)
KIN 304/304L - Introduction to Biomechanics (3/1)
KIN 312/312A - Life Span Motor Development (3/1)
KIN 425/425A - Tests and Measurements in Physical Education (3/1)

Total Units 20

Required Subplan/Option Courses

BIO 235/235L - Human Physiology (4/1)
FN 305 - Nutrition, Science and Health (4)
IBM 301 - Principles of Marketing Management (4)
KIN 205/205A - First Aid (2/1)
KIN 207 - Personal Health (4)
KIN 380 - Consumer Health (4)
KIN 403/403L - Physiology of Exercise II (3/1)
KIN 408 - Drug Education (4)
KIN 412/412L - Movement Anatomy and Kinesiology (3/1)
KIN 453 - Principles of Exercise Prescription and Programs (3)
KIN 455 - Sports Medicine (4)
KIN 456 - Exercise Metabolism and Weight Control (3)
KIN 458/458L - Exercise Physiology Clinical/Laboratory (2/1)
KIN 459 - Health/Fitness Instructor (3)

KIN 461 - Senior Project (2) and
KIN 462 - Senior Project (2)

KIN 479/479A - Health Needs Assessment (3/1)
KIN 480/480A - Health Program Planning and Evaluation (3/1)
PSY 210 - Mind, Brain, and Behavior: An Integrated View (4)
PSY 326 - Health Psychology (4)
ZOO 234/234L - Human Anatomy (3/2)

Total Units 77

Required Support Courses

The following major support courses should be used to satisfy the indicated GE requirements. If these courses are not used to satisfy GE, the total units to degree may be more than 180 units.

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

Total Units 17

Elective Support Courses

Select 14 units from the following:

ACC 207/207A - Financial Accounting for Decision Making (4/1)
BIO 300 - Genetics and Human Issues (4)
EWS 140 - Introduction to Ethnic Studies (4)
IBM 302 - Marketing Strategy (4)
IBM 307 - Promotional Strategies (4)
IBM 316 - Marketing of Services (4)
IBM 410 - Marketing for Small Business Organizations (4)
PSY 314 - Human Relations (4)
PSY 334 - Cognitive Processes (4)
PSY 401 - Social Psychology (4)
PSY 402 - Theories of Learning (4)
PSY 417 - Basic Counseling Skills (4)
SOC 301 - Contemporary Social Problems (4)

Total Units 14

General Education Requirements

Area A Communication & Critical Thinking (12 units)
1. Oral Communication
2. Written Communication
3. Critical Thinking

Area B Mathematics & Natural Sciences (16 units)
1. Physical Science
2. Biological Science
3. Laboratory Activity
4. Math/Quantitative Reasoning
5. Science & Technology Synthesis

Area C Humanities (16 units)
1. Visual and Performing Arts
2. Philosophy and Civilization
3. Literature and Foreign Language
4. Humanities Synthesis

Area D Social Sciences (20 units)
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 units)

Total Units 68

American Institutions Courses that satisfy this requirement may also satisfy GE Area D1	8

American Cultural Perspectives Requirement 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.	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.