



California State Polytechnic University, Pomona  
Degree Curriculum Sheet

Plan (Major) KINESIOLOGY

Catalog Year 2017 - 2018

Name \_\_\_\_\_

Subplan/Option Exercise Science

Minimum Units Required 180

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)
- BIO 303 - Genetics (4)
- FN 235 - Nutrition (4)
- KIN 403/403L - Physiology of Exercise II (3/1)
- KIN 412/412L - Movement Anatomy and Kinesiology (3/1)
- KIN 430/430L - Motor Learning and Human Performance (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 461 - Senior Project (2) and
- KIN 462 - Senior Project (2)

- KIN 470/470L - Electrocardiography in Health and Exercise (3/1)

- PHY 121 - College Physics (3) and
- PHY 121L - College Physics Laboratory (1)

- ZOO 234/234L - Human Anatomy (3/2)

**Total Units 55**

**Required Support Courses**

The following majors 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)

- CHM 121 - General Chemistry (3) (B1) and
- CHM 121L - General Chemistry Laboratory (1) (B3)

- KIN 301 - Foundations of Exercise Science (4) (B5)
- STA 120 - Statistics with Applications (4) (B4)

**Total Units 17**

**Elective Support Courses**

Students in the Exercise Science Option must complete 36 units from the following:

- BIO 211/211L - Biometrics (3/1)
- BIO 310 - Cell and Molecular Biology (4)

- CHM 122 - General Chemistry (3) and
- CHM 122L - General Chemistry Laboratory (1)

- CHM 123 - General Chemistry (3) and
- CHM 123L - General Chemistry Laboratory (1)

- CHM 201 - Elements of Organic Chemistry (3)
- CHM 250L - Elements of Organic Chemistry Laboratory (1)

- CHM 314 - Organic Chemistry (3)
- CHM 317L - Organic Chemistry Laboratory (1)
- CHM 315 - Organic Chemistry (3)
- CHM 318L - Organic Chemistry Laboratory (1)
- CHM 316 - Organic Chemistry (3)
- CHM 319L - Organic Chemistry Laboratory (1)
- CHM 321/321L - Elements of Biochemistry (3/1)

- KIN 207 - Personal Health (4)
- KIN 363 - Psychological Aspects of Physical Activity and Sport (4)

- KIN 365 - Science of Physical Aging (4)
- KIN 370 - Stress Management for Healthy Living (4)
- KIN 408 - Drug Education (4)
- KIN 413/413L - Quantitative Biomechanics (3/1)

- KIN 459 - Health/Fitness Instructor (3)
- MAT 106 - Trigonometry (4)
- MIC 201/201L - Basic Microbiology (3/1)
- MIC 330 - General Epidemiology (4)

- MIC 444 - Hematology (3) and
- MIC 444L - Hematology Lab (1)

- PHY 122 - College Physics (3) and
- PHY 122L - College Physics Laboratory (1)

- PHY 123 - College Physics (3) and
- PHY 123L - College Physics Laboratory (1)

- PSY 314 - Human Relations (4)
- PSY 415 - Abnormal Psychology (4)
- PSY 417 - Basic Counseling Skills (4)

**Total Units 36**

**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

Course 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.