



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

Plan (Major) **KINESIOLOGY**

Catalog Year **2015 - 2016**

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 Clinical & Lab | KIN 458/458L | 2/1 |
| 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) |
| 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) |
| Drug Education | KIN 408 | (4) |
| Quantitative Biomechanics | KIN 413/413L | (3/1) |
| 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.