

Name:

ID:

2025-2026 Catalog

Career Goal:

MAJOR: Kinesiology - Physical Activity Leadership

GENERAL EDUCATION REQUIREMENTS (Courses that require a C- or higher are designated with an asterisk *)						
LOWER DIVISION GE/ INSTITUTIONAL REQUIREMENTS	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
First-Year Seminar						
American Institutions: Government	GE 1B					
American Institutions: History	GE 1A					
Subject Area 1A: English Composition*						
Subject Area 1B: Critical Thinking *						
Subject Area 1C: Oral Communication*						
Subject Area 2: Math Concepts & Quantitative Reasoning*						
Subject Area 3A: Arts	vary					
Subject Area 3B: Humanities	vary					
Subject Area 4: Social and Behavioral Sciences	vary					
Subject Area 5A: Physical Science		* GE requirements 5A, 5B, and 5C are satisfied by required courses in the Kinesiology major. *				
Subject Area 5B: Biological Sciences						
Subject Area 5C: Laboratory						
Subject Area 6: Ethnic Studies	GE 1C					
UPPER DIVISION GE/ INSTITUTIONAL REQUIREMENTS	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
Junior Year Diversity Reflection (JYDR)	45 units + GE 1A					
Upper Division 3: Arts or Humanities (3UD)	45 units + LD Area 3					
Upper Division 4: Social and Behavioral Sciences (4UD)	45 units + LD Area 4	* Waived for SSE Majors *				
Upper Division 5: Science (5UD)	45 units + LD Area 5					
Graduate Writing Assessment Req. (GWAR)*	60 units + GE 1A					
Capstone		* Requirement is fulfilled upon completion of KINE 4868 *				
MAJOR REQUIREMENTS (All Courses in this major require a C- or higher to qualify for graduation)						
CPR, 1 st AID AND AED (Requires C- or higher)	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
KINE 1020: CPR, 1 st Aid and AED						
REQUIRED CORE COURSES (Requires C- or higher)	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
KINE 1018: Lifetime Fitness	Corequisite - In-person KINE 1500-1597					
KINE 2000: Introduction to Kinesiology	GE 1A + KINE major + 30 units					
KINE 3000: Motor Growth & Development Across the Lifespan	KINE 2000 + GE 2					
KINE 3010: Measurement & Evaluation in Kinesiology	KINE 2000 + GE 2					
KINE 3020: Psychology of Sport & Physical Activity	KINE 2000					
KINE 3030: Functional Anatomy in Kinesiology	KINE 2000 + BIOL 2210 + GE 2					
KINE 3040: Physiology of Exercise	KINE 2000 + BIOL 2220 + GE 2					
KINE 4868: Internship and Capstone	90 units + JYDR + KINE major					
REQUIRED MAJOR COURSES (Requires C- or higher)	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
KINE 4120: Principles of Strength & Conditioning	KINE 3040					
KINE 4210: Admin. & Mgmt of Physical Activity (Spring only)						
KINE 4220: Behavioral Aspects of Physical Activity (Fall only)						
KINE 4230: Physical Act. for Individuals w/ Disabilities (Spring only)						
KINE 4240: Techniq. of Teaching Lifelong Physical Act. (Fall only)						
KINE 4250: Physical Act. for Diverse Lifespan Pop. (Spring only)	KINE 3010					
CHEMISTRY COGNATE COURSE (Requires C- or higher)	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
CHEM 1010: Preparation for College Chemistry						
BIOLOGY COGNATE COURSES (Requires C- or higher)	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
BIO 2210: Human Anatomy						
BIO 2220: Human Physiology	BIOL 2210					
BIO 2240: Principles of Nutrition						
MAJOR ELECTIVES (Requires C- or higher)	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
Six units chosen from Kinesiology Department's designated list (listed below): KINE 2100, KINE 3100, KINE 3118, KINE 3120, KINE 3130, KINE 3300, KINE 3310, KINE 3320, KINE 3330, KINE 3338, KINE 3340, KINE 4110, KINE 4130, KINE 4140, KINE 4150, 4160, KINE 4170	The approval of your Kinesiology faculty advisor. Major Electives should align with your career goals.	KINE 3340				Required for CSUB CSET Waiver

ACTIVITY COURSES (Requires C- or higher)	PREREQUISITES	COURSE	TERM	GRADE	UNITS	COMMENTS
KINE 1500-1597: Movement Activity						
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ELECTIVE UNITS (CSUB)						
ELECTIVE UNITS (Community College)						
ELECTIVE UNITS (University/AP/CLEP/BYU/Military)						
* CHEM 1000 is to be completed for students needing a Chemistry sequence, including CHEM lab, for future graduate program prerequisites - e.g., Physical Therapy, Physician Assistant, Athletic Training, Med. School. The other CHEM courses do not meet the prerequisite for the CHEM sequence.				TOTAL UNITS	0	120 UNITS REQUIRED FOR GRADUATION

Additional Graduation Requirements that must be met:

- A minimum of 120 semester units is required, a maximum of 70 Community College units can be applied to the 120 units required for graduation.
- A minimum of 40 upper division units is required. Upper division units at CSUB are courses that start with a 3000+ or 4000+ course number.
- **Residency Requirement:** Students must complete a minimum of 30 semester units in residency study at CSUB. At least 24 of those 30 units shall be earned in upper division courses, and at least 12 of those upper division units shall be in the major.
- At graduation time, students must have a minimum 2.0 GPA at CSUB, a minimum 2.0 GPA Overall, a minimum 2.0 GPA in your major (pre-requisite courses do not count towards this GPA), and a minimum 2.0 GPA in your minor (if you have one).

Other Things to Pay Attention to:

- No more than 24 Open University units can be applied towards the 120 units required for graduation.
- No more than 6 total units earned in Kinesiology activity courses (Kine 1500 – 1597) and / or General Studies (GST) courses can be applied towards the 120 units required for graduation.
- Students can take the BYU Flats language exam to earn up to 12-units in a foreign language. Credit earned from this exam can be applied towards a GE Area 3B and / or additional elective units. Effective summer 2020 AP units or lower-division units earned in the same foreign language will be averaged. If you have other questions about this, please contact your advisor.
- Courses may double count between general education and major or minor, but not between major and minor. A double-counted course can satisfy two requirements, but its units may only be applied once.

Major Specific Information:

- **MOVEMENT ACTIVITY COURSES FOR THE MAJOR:** All four required movement activity courses (Kine 1500 - 1597) must be different from each other. No more than 1 movement activity course can be online, and no more than 1 movement activity course can be an intercollegiate sport. Your intercollegiate sport cannot be the same as any of your movement courses.
- **Bold and italicized requirements** notate lecture courses that include a lab. Major elective courses may include additional lecture / lab courses so please plan accordingly.
- **CHEM 1000** is to be completed for students needing a Chemistry sequence, including CHEM lab, for future graduate program prerequisites- e.g., Physical Therapy, Physician Assistant, Athletic Training, Med. School. The other CHEM courses do not meet the prerequisite for the CHEM sequence.
- **Kine 3340** is a required course to qualify for the CSUB CSET Waiver, if you have earned the Kinesiology degree with a concentration in Physical Activity Leadership. This CSET Waiver is only applicable to the Credential Program at CSUB.

ADVISING NOTES:

Advisor Name:

Date:

Advising Notes: