

CALIFORNIA STATE UNIVERSITY, STANISLAUS

Department of Kinesiology

REQUIREMENTS FOR THE B.A DEGREE IN KINESIOLOGY

WITH A CONCENTRATION IN HEALTH AND WELLNESS PROMOTION

Approved March 2009

PREREQUISITES TO SUBJECT MATTER PROGRAM: (12 UNITS)	Units	Term Fulfilled	Term Proposed	Grade
BIOL 1010 - Principles of Biology (Lec)	3			
BIOL 1020 - World of Biology (Lab)	1			
OR BIOL 2050 - Introduction to Biology I (Lec & Lab)	4			
ZOOL 2235 - Human Physiology (Lec & Lab)	4			
ZOOL 2260 - Human Anatomy & Morphology (Lec & Lab)	4			

REQUIRED COURES IN MAJOR (45-46 units)

1. Complete ALL of these courses: (15 units)

KINS 3000 - Prevention and Care of Athletic Injuries*	3			
KINS 4300 - Measurement and Evaluation in Physical Education	3			
KINS 4400 - Kinesiology*+	3			
KINS 4500 - Exercise Physiology**+	3			
KINS 4800 - Adapted Physical Education	3			

2. Complete 2 courses from the following (6 units)

KINS 3400 - Elementary Physical Education (<u>or</u> KINS 3450 - Elem. Pedagogy)	3			
KINS 3700 - Sport in Society (WP) ≠	3			
KINS 3800 - Sport and Exercise Psychology	3			
KINS 4200 - Motor Learning	3			
KINS 4250 - Motor Development	3			

3. Complete ALL courses for the concentration: (18-19 Units)

KINS 3030 - Cardiovascular Health & Disease Prevention	3			
KINS 3370 - Theory and Analysis of Fitness Activities	2			
KINS 4130 - Foods and Nutrition	3			
KINS 4530 - Health in a Diverse Society	3			
KINS 4600 - Health and Fitness Assessment #	3			
KINS 4650 - Health & Fitness Program Design ##	3			
KINS 4940 - Fieldwork or Practicum in Kinesiology	1 or 2			

4. Complete 2 courses from the following related fields: (6 units)

COMM 3120 - Management Communication	3			
COMM 4115 - Communication for Leadership	3			
MGT 3310 - Management Theory and Practice	3			
PHIL 4440 - Business Ethics	3			
BOTY 4000 - Medicinal Plants & Herbs	3			
PSYC 3340 - Human Deveopment III Adulthood & Aging	3			
KINS 3500 - Drugs in the Athletic Environment	3			
KINS 4330 - Family Health	3			
NURS 3040 - Womens Health	3			
SOCL 3830 - Thin & Fat: The Sociology of Eating Disorders	3			
SOCL 4710 - Sociology of Aging	3			
PHIL 4430 - Bioethics	3			
PSYC 3140 - Human Development I: Childhood	3			
PSYC 3350 - Introduction to the Study of Abnormal Behavior	3			

Total

58-59

Revised 05/2/11

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- *Prerequisite: ZOOL 2260 Human Anatomy, **Pre-requisite: ZOOL 2235 Human Physiology, +Co-requisite
- # Prerequisite: KINS 4130 Foods & Nutrition and KINS 4300 Measurement & Evaluation in Physical Education
- ## Pre-requisite: KINS 4600 Health & Fitness Assessment
- ≠ Must pass WPST prior to taking

Student _____ Advisor _____ Date _____