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BS in Kinesiology - Option in Fitness
Major Requirements Worksheet
2019-2020 Catalog

Grade	Course Number & Title (units)	Need to Take	Prerequisite(s)
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Complete ALL of the following upper division courses:

	PSY 100		PSY 100; GE Foundations; junior standing open to Pre-KIN majors
	KIN 263		KIN 263
	KIN 301		KIN 301
	KIN 300, 301, 312, and 339		KIN 300, 301, 312, and 339
	KIN 300, 301		KIN 300, 301
	KIN 368		KIN 368
	KIN 368, 467		KIN 368, 467
	KIN 339		KIN 339
	KIN 368		KIN 368
	NUTR 132; KIN 301		NUTR 132; KIN 301
	KIN 363, 368		KIN 363, 368
	KIN 467		200 hours in a corporate fitness setting; 200 hours in a traditional fitness setting; 100 hours of approved fitness experience; completion of KIN major coursework; department consent corequisite: KIN 467

Complete 6 units from the following elective courses:

	KIN 467		current CPR, AED, & First Aid certifications;
	NUTR 132 or BIOL 207 or BIOL 301 or GERN 400		NUTR 132 or BIOL 207 or BIOL 301 or GERN 400
	BIOL 208		BIOL 208
	KIN 300, 301		KIN 300, 301
	KIN 300, 301, 312, and 339		KIN 300, 301, 312, and 339
	junior standing; instructor consent		junior standing; instructor consent