



Kinesiology & Pre-Nursing Cross-Major Planning Guide *Movement Studies Option; Fitness and Wellness Pattern*

Use this planning guide in careful consultation with [Academic Advising](#), the [Chico State Catalog](#), and your Degree Progress Report.

If you're interested in physical activity, health promotion, and teaching or coaching, the kinesiology (KINE) major with an option in movement studies and following the fitness and wellness pattern may be right for you. In this major, you'll learn the art and science of human movement, the effects of exercise on the body, and functional anatomy.

Potential Career Opportunities:

- Corporate wellness coordinator
- Occupational therapist
- Personal trainer
- Entrepreneur



SEMESTER ONE	
MATH 105 (GE Area A4)	3.0
BIOL 103 or BIOL 104 (GE Area B2)**	4.0
GE Area A1	3.0
GE Area A2	3.0
PSYC 101 (GE Area D2)	3.0
Total Units	16.0

SEMESTER TWO	
BIOL 103 or BIOL 104 (GE Area B2)**	4.0
CHEM 107 or CHEM 108 (GE Area B1)**	4.0
GE Area A3	3.0
CHLD 252* (GE Area E)	3.0
KINE 105	1.0
Total Units	15.0

SEMESTER THREE	
BIOL 211 (GE Area B2)	4.0
KINE 152 (GE Area C1) or GE Area C2	3.0
NFSC 100* (GE Area E)	3.0
ANTH 113 or SOCI 100 (GE Area D1)	3.0
Elective or Minor	3.0
KINE Activity or Breadth Course	1.0
Total Units	17.0

SEMESTER FOUR	
KINE 321	3.0
HIST 130 or POLS 155	3.0
KINE 152 (GE Area C1) or GE Area C2	3.0
UD-C or UD-D	3.0
Elective or Minor	3.0
KINE Activity or Breadth Course	1.0
Total Units	16.0

*Classes marked with one asterisk indicate classes that meet the pre-nursing program preferred prerequisites

**It's highly recommended that you *do not* take BIOL 103 and any chemistry course concurrently

***Classes in BOLD indicate classes that meet both majors' GE requirements