

BACHELOR OF ARTS (BA) IN KINESIOLOGY
OPTION: MOVEMENT STUDIES (45-57 UNITS)
PATTERN: FITNESS AND WELLNESS
DEPARTMENT OF KINESIOLOGY
ADVISING SHEET

Course	Course Title	Semester	Substitute Course #	Transfer Institution	Units	Grade
MAJOR CORE PROGRAM: 12 Units						
3 courses required:						
BIOL 104	Human Physiology				4	
KINE 105	Introduction to Kinesiology				1	
KINE 320W Prereq:GE A2	Foundations of Exercise and Sport Psychology				3	
1 course selected from:						
BIOL 103	Human Anatomy				4	
KINE 202*	Structural and Anatomical Kinesiology				4	
LOWER-DIVISION ACTIVITY BREADTH COURSES: 10-15 units						
Complete five courses from five of the seven groups below						
AQUATICS GROUP						
KINE 125A Prereq: Ability to swim in deep water	Beginning Scuba Diving				2	
KINE 154A	Beginning Swimming				1	
KINE 155 Prereq: Pass a swimming skills test during first two meetings	Lifeguard Training				3	
KINE 351 Prereq: First Aid and CPR, or faculty permission; WSI recommended	Aquatics for the Adapted Instructor				2	
DANCE, TUMBLING, OR GYMNASTICS GROUPS						
KINE 113L/F	Beginning Ballroom				1	
KINE 114L/F Prereq: KINE 113L/F	Intermediate Ballroom				1	
KINE 152	Introduction to Dance				3	
KINE 170	African and Afro-Caribbean Dance				2	
INDIVIDUAL OR DUAL GROUP						
KINE 134A	Beginning Golf				1	
KINE 134B	Intermediate Golf				1	
KINE 156A	Beginning Tennis				1	
KINE 156B	Intermediate Tennis				1	
OUTDOOR EDUCATION/RECREATION GROUP						
KINE 117A	Cycling				1	
KINE 121	Backpacking				2	
KINE 123	Indoor Rock Climbing				1	
PERSONAL DEFENSE OR COMBATIVE GROUP						
KINE 141A	Jujitsu and Self Defense				1	
KINE 141B	Intermediate Jujitsu and Self Defense				1	
KINE 142	Aikido				1	
KINE 151	Tai-Chi-Chuan				1	
KINE 153	Mixed Martial Arts				1	

*KINE 202 fulfills degree requirements but may not be an accepted prerequisite for allied-health graduation programs (e.g., occupational therapy). See an advisor to determine appropriateness.

TEAM SPORTS GROUP						
KINE 118A	Beginning Basketball				1	
KINE 118B	Intermediate Basketball				1	
KINE 129	Flag Football				1	
KINE 148A	Beginning Soccer				1	
KINE 148B	Intermediate Soccer				1	
KINE 162A	Beginning Volleyball				1	
KINE 162B	Intermediate Volleyball				1	
WEIGHT TRAINING OR FITNESS GROUP						
KINE 116A	Cardio Conditioning Mix				1	
KINE 166A/V	Beginning Weight Training				1	
KINE 166B	Intermediate Weight Training				1	
KINE 168	Core Strengthening				1	
KINE 169	Yoga				1	
KINE 169B	Intermediate Yoga				1	
KINE 171	Mat Pilates				1	
UPPER-DIVISION COURSES: 17 UNITS						
5 courses required:						
KINE 321	Motor Development and Behavior				3	
KINE 322 Prereq: BIOL 103 or KINE 202 w/ C- or higher	Biomechanics				4	
KINE 323 Prereq: BIOL 104 w/ C- or higher	Exercise Physiology				4	
KINE 390 Prereq: KINE 323	Principles of Strength and Conditioning				3	
KINE 489 Prereq: Must be at least junior standing or faculty permission	Internship Seminar				3	
FITNESS AND WELLNESS PATTERN: 18 UNITS						
3 courses required:						
KINE 345 Prereqs: Basic computer skills or faculty permission	Motor Learning and Human Performance				3	
KINE 480	Exercise Testing and Prescription				3	
KINE 505	Exercise Behavior and Adherence				3	
3 courses selected from:						
KINE 247	World Sports and Games				3	
KINE 315	Introduction to Adadpted Physical Activity				3	
KINE 316 Prereqs: BIOL 103 or KINE 202	Principles of Sports Injury Mgmt				3	
KINE 335	Youth Fitness				3	
KINE 346	Sport and Society				3	
KINE 386	Sports Epidemiology				3	
KINE 482	Exercise Pathophysiology				3	
KINE 485	Seminar in Sports Medicine				3	
KINE 530 Prereqs: KINE 322, KINE 323, KINE 390 with grade of C+ or higher	Advanced Strength and Conditioning				3	

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