

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

Course #	Course Title	Semester	Substitute Course #	Transfer Institution	Units	Grade
<b>MAJOR CORE PROGRAM</b>						
<b>3 courses required:</b>						
BIOL 104	Human Physiology				4	
KINE 105	Introduction to Kinesiology				1	
KINE 320W (Prereq: ENGL 130 or JOUR 130)	Found. of Exercise and Sport Psychology				3	
<b>1 course required:</b>						
BIOL 103	Human Anatomy				4	
*KINE 202	Structural and Anatomical Kinesiology				4	
<b>Complete five courses from five of the seven groups below</b>						
<b>AQUATICS GROUP</b>						
KINE 125 (Prereq: Ability to swim in deep water)	Beginning Scuba Diving				2	
KINE 154A	Beginning Swimming				1	
KINE 155 (Prereq: Must pass a swimming skills test during the first two meetings)	Lifeguard Training				3	
KINE 351 (Prereq: First Aid and CPR, or faculty permission)	Aquatics for the Adapted Instructor				2	
<b>DANCE, TUMBLING, OR GYMNASTICS GROUPS</b>						
KINE 113M/V	Beginning Ballroom				1	
KINE 114W/V (Prereq: PHED 113M/V)	Intermediate Ballroom				1	
KINE 152	Introduction to Dance				3	
KINE 170	African and Afro-Caribbean Dance				2	
<b>INDIVIDUAL OR DUAL GROUP</b>						
KINE 134A	Beginning Golf				1	
KINE 134B	Intermediate Golf				1	
KINE 139	Disc Golf				1	
KINE 140	Ultimate Disk				1	
KINE 156A	Beginning Tennis				1	
KINE 156B	Intermediate Tennis				1	
<b>OUTDOOR EDUCATION/RECREATION GROUP</b>						
KINE 121	Backpacking				2	
KINE 123	Indoor Rock Climbing				1	
KINE 222	Challenge Quest				3	
<b>PERSONAL DEFENSE OR COMBATIVE GROUP</b>						
KINE 141A	Beginning Jujitsu and Self Defense				1	
KINE 141B	Intermediate Jujitsu and Self Defense				1	
KINE 142	Aikido				1	
KINE 144A	Beginning Taekwondo				1	
KINE 151	Tai-Chi-Chuan				1	
KINE 153	Mixed Martial Arts				1	
<b>TEAM SPORTS GROUP</b>						
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 149A	Beginning Slow Pitch Softball				1	
KINE 162A	Beginning Volleyball				1	
KINE 162B	Intermediate Volleyball				1	

\*KINE 202 fulfills degree requirements but may not be an accepted prerequisite for allied-health graduation programs (i.e., physical therapy). Please speak with an advisor to determine appropriateness.

<b>WEIGHT TRAINING OR FITNESS GROUP</b>						
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)	Physiology of Exercise					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 18-19 UNITS**

#### **3 courses required:**

KINE 345 (Prereqs: Basic computer skills or faculty permission)	Motor Learning and Human Performance					3
KINE 480 (Prereq: KINE 323)	Exercise Testing and Prescription					3
KINE 505 (Prereqs: KINE 320W or faculty permission)	Exercise Behavior and Adherence (W)					3

#### **3 courses selected from:**

KINE 247	World Sports and Games					3
KINE 315S	Intro to Adapted Physical Activity					3
KINE 316 (Prereq: BIOL 103)	Principles of Sports and Injury Mgmt					4
KINE 335S	Youth Fitness					3
KINE 346 (Course also offered as SOCI 346)	Sport and Society					3
KINE 386	Sports Epidemiology					3
KINE 482 (Prereqs: Bachelors Degree in any discipline or KINE 323)	Exercise Pathophysiology					3
KINE 485 (Prereqs: BIOL 103 or KINE 202 <i>*may be taken concurrently</i> , KINE 323)	Seminar in Sports Medicine					3
(Prereqs: KINE 322 <i>*may be taken concurrently</i> , KINE 323, KINE 390)	Advanced Strength and Conditioning					3

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