



Major Requirements

Lower Division Requirements	Pre-Req	Units	Note
ALH101 Introduction to Allied Health Professions	-	1	
BIO153 Anatomy & Physiology I w/Lab	-	4	
KIN108 Swimming or KIN109 Lifesaving	-	1	
KIN110-122 Physical Activity	-	3	Three different courses
KIN264 Movement Anatomy	BIO153	3	
KIN274 Applied Movement Anatomy	KIN264	3	

Upper Division Health Education Requirements	Pre-Req	Units	Note
KIN302 Contemporary Health Issues	-	3	
KIN303 Foundations of Kinesiology	-	3	
KIN332 Lifelong Motor Development	-	3	
KIN353 Care & Prevention of Athletic Injuries	KIN253 or 264	3	
KIN383 Exercise Physiology	BIO153	3	
KIN454 Behavioral Aspects of Sport	-	3	Spring only
KIN473 Measurement & Evaluation in Kinesiology	KIN383	3	Spring only

Concentration Requirements	Pre-Req	Units	Note
KIN212 First Aid & Safety	-	1	See catalog
KIN300 Nutrition Science	-	3	
KIN393 Applied Exercise Physiology	KIN383	3	Spring only
KIN480 Fitness Assess and Exercise Prescription	-	3	Spring only
KIN490 Principles of Conditioning Athletes	KIN274 & 383	3	Fall only
Any Upper Division KIN Course	Classes vary	3	See catalog

Total Major Units: 52

Upper Division Major Units: 36

General Education Requirements

Competency Requirements	Units	Note
English Competency	3	ENG113 required
Math Competency	3	MAT115, 123 or higher required
Technology	3	CIS265 recommended
Foreign Language I	3	
Foreign Language II	3	

If you are exempt from a Competency Requirement, add those units to Additional Elective Units Needed.

Core Curriculum	Units	Note
Behavioral Science	6	
English Composition	3	ENG123 required
English or Film	3	
Communication Arts	3	
Art or Music	3	
Philosophy	3	
US History	3	
Non-US History	3	
Political Science	3	
Lab Science	4	BIO153 will fulfill
Science or Kinesiology	4	KIN302* & 303 will fulfill
Christian Studies	9	

*Course is interdisciplinary

Upper Division Requirements	12	KIN302 will fulfill 3 units
Interdisciplinary Requirements	9	KIN302 will fulfill 3 units
Multicultural Requirements	9	ENG123 will fulfill 3 units

Total Required GE units: 54

Upper Division Required GE Units: 9

Additional Elective Units Needed: 18

Upper Division Elective Units Needed: 0

About This Plan

- This plan is not a contract. Curriculum can be subject to change.
- Highlighted courses and fields are major specific.
- Descriptions for all courses can be found in the CBU catalog at www.calbaptist.edu/about/universitycatalogs.aspx.
- To graduate, all students need 124 total units, 39 of which must be upper division.
- Courses numbered in the 300's and 400's are upper division.
- GST100, ENG103, and MAT095 count as elective units.

Contact Information

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Freshman Year

Sophomore Year

Fall Semester		Spring Semester		Summer Semester	
ALH101 Introduction to Allied Health Professionals	1	KIN110-122 Physical Activity	1		
BIO153 Anatomy & Physiology I w/Lab	4	KIN264 Movement Anatomy	3		
ENG113 Composition	3	ENG123 Intermediate Composition	3		
GST100 Focus	1	General Education Course	3		
General Education Course	3	General Education Course	3		
General Education Course	3	General Education Course	3		
Total Units: <u>15</u>		Total Units: <u>16</u>		Total Units: <u> </u>	

Fall Semester		Spring Semester		Summer Semester	
KIN110-122 Physical Activity	1	KIN110-122 Physical Activity	1		
KIN274 Applied Movement Anatomy	3	KIN303 Foundations of Kinesiology	3		
KIN302 Contemporary Health Issues	3	KIN332 Lifelong Motor Development	3		
Upper Division General Education Course	3	Upper Division General Education Course	3		
General Education Course	3	General Education Course	3		
General Education Course	3	General Education Course	3		
Total Units: <u>16</u>		Total Units: <u>16</u>		Total Units: <u> </u>	

Junior Year

Senior Year

Fall Semester		Spring Semester		Summer Semester	
KIN108 or KIN109 (depending on choice)	1	KIN212 First Aid & Safety	1		
KIN383 Exercise Physiology	3	KIN393 Applied Exercise Physiology	3		
KIN300 Nutrition Science	3	KIN454 Behavioral Aspects of Sport	3		
General Education Course	3	General Education Course	3		
General Education Course	3	General Education Course	3		
Elective	3	Elective	3		
Total Units: <u>16</u>		Total Units: <u>16</u>		Total Units: <u> </u>	

Fall Semester		Spring Semester		Summer Semester	
KIN353 Care & Prevention of Athletic Injuries	3	KIN473 Measurement & Evaluation in Kinesiology	3		
KIN490 Principles of Conditioning Athletes	3	KIN480 Fitness Assess and Exercise Prescription	3		
Upper Division General Education Course	3	Upper Division KIN Course	3		
Elective	3	Elective	3		
Elective	3	Elective	1		
Elective	1				
Total Units: <u>16</u>		Total Units: <u>13</u>		Total Units: <u> </u>	

Total Units: 124 (124 units required to graduate)