



**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

<b>Upper Division Requirements</b>	<b>12</b>	<b>KIN302 will fulfill 3 units</b>
<b>Interdisciplinary Requirements</b>	<b>9</b>	<b>KIN302 will fulfill 3 units</b>
<b>Multicultural Requirements</b>	<b>9</b>	<b>ENG123 will fulfill 3 units</b>

**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](http://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

Fall Semester

Spring Semester

Summer Semester

ALH101 Introduction to Allied Health Professionals	1
BIO153 Anatomy & Physiology I w/Lab	4
ENG113 Composition	3
GST100 Focus	1
General Education Course	3
General Education Course	3

KIN110-122 Physical Activity	1
KIN264 Movement Anatomy	3
ENG123 Intermediate Composition	3
General Education Course	3
General Education Course	3
General Education Course	3


KIN110-122 Physical Activity	1
KIN274 Applied Movement Anatomy	3
KIN302 Contemporary Health Issues	3
Upper Division General Education Course	3
General Education Course	3
General Education Course	3

KIN110-122 Physical Activity	1
KIN303 Foundations of Kinesiology	3
KIN332 Lifelong Motor Development	3
Upper Division General Education Course	3
General Education Course	3
General Education Course	3


Total Units: 15

Total Units: 16

Total Units: \_\_\_\_\_

Total Units: 16

Total Units: 16

Total Units: \_\_\_\_\_

Junior Year

Senior Year

Fall Semester

Spring Semester

Summer Semester

Fall Semester

Spring Semester

Summer Semester

KIN108 or KIN109 (depending on choice)	1
KIN383 Exercise Physiology	3
KIN300 Nutrition Science	3
General Education Course	3
General Education Course	3
Elective	3

KIN212 First Aid & Safety	1
KIN393 Applied Exercise Physiology	3
KIN454 Behavioral Aspects of Sport	3
General Education Course	3
General Education Course	3
Elective	3


KIN353 Care & Prevention of Athletic Injuries	3
KIN490 Principles of Conditioning Athletes	3
Upper Division General Education Course	3
Elective	3
Elective	3
Elective	1

KIN473 Measurement & Evaluation in Kinesiology	3
KIN480 Fitness Assess and Exercise Prescription	3
Upper Division KIN Course	3
Elective	3
Elective	1


Total Units: 16

Total Units: 16

Total Units: \_\_\_\_\_

Total Units: 16

Total Units: 13

Total Units: \_\_\_\_\_

Total Units: 124 (124 units required to graduate)