



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 |
| KIN363 Movement Experiences for Children | - | 3 | |
| KIN404 Movement Experiences for Middle School | - | 3 | Fall only |
| KIN414 Methods of Teaching Sport Activities | - | 3 | Spring only |
| KIN423 Organization & Administration of Phys Ed | - | 3 | Spring 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 | KIN363* & 302* will fulfill |
| Christian Studies | 9 | |

*Course is interdisciplinary

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|---------------------------------------|-----------|---|
| Upper Division Requirements | 12 | KIN363 will fulfill 3 units |
| Interdisciplinary Requirements | 9 | KIN363 will fulfill 3 units |
| Multicultural Requirements | 9 | ENG123 & KIN363 will fulfill 6 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

Fall Semester

Spring Semester

Summer Semester

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|--|---|
| 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 |
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|---------------------------------|---|
| 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 |
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|---|---|
| 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 |
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|---|---|
| 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 |
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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

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|---|---|
| KIN108 or KIN109 (depending on choice) | 1 |
| KIN353 Care & Prevention of Athletic Injuries | 3 |
| KIN363 Movement Experiences for Children | 3 |
| General Education Course | 3 |
| General Education Course | 3 |
| Elective | 3 |
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|---|---|
| KIN212 First Aid & Safety | 1 |
| KIN414 Methods of Teaching Sport Activities | 3 |
| KIN454 Behavioral Aspects of Sport | 3 |
| General Education Course | 3 |
| General Education Course | 3 |
| Elective | 3 |
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|---|---|
| KIN383 Exercise Physiology | 3 |
| KIN404 Movement Experiences for Middle | 3 |
| Upper Division General Education Course | 3 |
| Elective | 3 |
| Elective | 3 |
| Elective | 1 |
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|---|---|
| KIN423 Organization & Administration of Phys Ed | 3 |
| KIN473 Measurement & Evaluation in Kinesiology | 3 |
| Upper Division KIN Course | 3 |
| Elective | 3 |
| Elective | 1 |
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Total Units: 16

Total Units: 16

Total Units:

Total Units: 16

Total Units: 13

Total Units:

Total Units: 124 (124 units required to graduate)