Kinesiology: Wellness 4-Year Pathway 2022-2023

Fall Freshman Courses (15 units total)	Course or GE Title	Units	GE/Major
FYS 145 or 146 or 147 or 148	FYS with Humanities GE	3	FYS,C2
STAT 100 (+ STAT 10 if needed)	Introductory Statistics	3	Major, B4
KIN 161	Foundations of Wellness	3	E
ENVS 201 or PSY 110 +110L	Into Env Sci or Human Bio & Behavior	3	B2, B3
HCOM 120, HCOM 125, SBS 110 or CAD 101A	Reading and Writing course	3	A2
Spring Freshmen Courses (15 units total)	Course or GE Title	Units	GE/Major
HCOM 110	Fundamentals of Speaking & Listening	3	A1
CHEM 109 or other B1 GE	Introductory Chemistry or Phys Sci GE	3	B1
Language course	C2 and WCL	3	C2, WCL
Free elective or CAD 101B	Elective or completion of A2	3	(A2) or elect
Free elective (BIO 204 recommended)	Elective	3	elective
Fall Sophmore Courses (15 units total)	Course or GE Title	Units	GE/Major
PSY 100 or other Social Sci course	Intro to Psych or any DGSS course	3	DGSS
SL210S, ED212S, HCOM260S,SBS212S	Civics/Service Learning GE course	3	DCSL, US2&3
HCOM 200, HCOM 202, BIO 131	Critical Thinking GE	3	A3
Course for minor, grad school, or elective	minor or grad school prereq or elective	3	elective
Ethnic Studies (GE area F)	Any GE area F course	3	GE area F
Spring Sophmore Courses (15 units total)	Course or GE Title	Units	GE/Major
CST 274 or HCOM 243, 251 or 265 or SBS			
111, 114, or 249	US History GE (DHIS or US1) course	3	US1
C1 (Arts) GE course	Any C1 GE course	3	C1
Course for minor, grad school, or elective	minor or grad school prereq or elective	3	elective
KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350	Wellness Elective #1	3	Wellness elect #1
Free elective	Major Pro-Seminar	3	elective
Fall Inview Converse (4.4 multiplicated)	Course or GE Title	Units	CE/Major
Fall Junior Courses (14 units total)	Course or GE Title	UIIIIS	GE/Major
KIN 300	Major Pro-Seminar	1	Core
KIN 300	Major Pro-Seminar	1	Core
KIN 300 KIN 330 (Fall only)	Major Pro-Seminar Physical Activity & Health	1 3	Core Concentration #1
KIN 300 KIN 330 (Fall only) KIN 355	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health	1 3 3	Core Concentration #1 GWAR, Core
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab	1 3 3 4	Core Concentration #1 GWAR, Core Core, UDB
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities	1 3 3 4 3	Core Concentration #1 GWAR, Core Core, UDB UDC
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title	1 3 3 4 3 Units	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab	1 3 3 4 3 Units 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course	1 3 3 4 3 Units 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective	1 3 3 4 3 Units 3 4 3 4 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title	1 3 3 4 3 Units 3 3 4 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning	1 3 3 4 3 Units 3 4 3 Units 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDSL,UDD
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title	1 3 3 4 3 Units 3 4 3 4 3 Units	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDBL,UDD Core, UDB
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning	1 3 3 4 3 Units 3 4 3 Units 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDSL,UDD
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375,	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology	1 3 3 4 3 Units 3 3 4 3 Units 3 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDB, UDD Core, UDB Wellness elect
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2	1 3 3 4 3 Units 3 3 4 3 Units 3 3 3 3 Units 3 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration Concentration Free elective GE or elective GE/Major Core, UDB Vellness elect #2
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350 Free elective (or grad school prereq)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Free Elective or grad school prereq	1 3 3 4 3 Units 3 4 3 Units 3 3 Units 3 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDSL,UDD Core, UDB Wellness elect #2 Free elective
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350 Free elective (or grad school prereq) Free elective (or grad school prereq)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Free Elective or grad school prereq Free Elective or grad school prereq	1 3 3 4 3 Units 3 3 Units 3 3 3 3 3 3 3 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDB Wellness elect #2 Free elective Free elective
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350 Free elective (or grad school prereq) Free elective (or grad school prereq) Spring Senior Courses (15 units total)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Free Elective or grad school prereq Free Elective or grad school prereq Course or GE Title	1 3 3 4 3 Units 3 3 Units 3 3 Units 3 3 Units	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDB Wellness elect #2 Free elective Free elective GE/Major
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350 Free elective (or grad school prereq) Free elective (or grad school prereq) Spring Senior Courses (15 units total) KIN 499 KIN 360/L	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Free Elective or grad school prereq Free Elective or grad school prereq Course or GE Title Capstone Nutritional Science and Lab	1 3 3 4 3 Units 3 3 Units 3 3 Units 3 3 Units 3 3 Units 4 Units 3 Units 4 Units 3 Units 4 Units 3 Units 3 Units 3 Units 4 Units 3 Units 4 Units 3 Units 4 Units 4 Units 3 Units 4 Units 4 Units 3 Units 4 Unit	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDB Wellness elect #2 Free elective Free elective GE/Major Core, UDB
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350 Free elective (or grad school prereq) Free elective (or grad school prereq) Spring Senior Courses (15 units total) KIN 499 KIN 360/L Free elective (or grad school prereq)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Free Elective or grad school prereq Free Elective or grad school prereq Course or GE Title Capstone	1 3 3 4 3 Units 3 3 Units 3 3 Units 2 4 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Free elective GE or elective GE/Major Core, UDB Wellness elect #2 Free elective Free elective GE/Major Core Free elective
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350 Free elective (or grad school prereq) Free elective (or grad school prereq) Spring Senior Courses (15 units total) KIN 499 KIN 360/L Free elective (or grad school prereq) Free elective (or grad school prereq)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Free Elective or grad school prereq Free Elective or grad school prereq Course or GE Title Capstone Nutritional Science and Lab Free Elective or grad school prereq Free Elective or grad school prereq	1 3 3 4 3 Units 3 3 4 3 3 Units 3 3 4 3 3 Units 3 3 4 3 3 4 3 3 4 3 3 4 4 3 3 4 4 4 3 3 4	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration Concentration Free elective GE or elective GE/Major Core, UDB Wellness elect #2 Free elective Free elective GE/Major Core Free elective Free elective Free elective
KIN 300 KIN 330 (Fall only) KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Free elective (or grad school prereq) Any missing GE or CSU req, or elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350 Free elective (or grad school prereq) Free elective (or grad school prereq) Spring Senior Courses (15 units total) KIN 499 KIN 360/L Free elective (or grad school prereq)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Free Elective or grad school prereq GE or CSU requirement, or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Free Elective or grad school prereq Free Elective or grad school prereq Course or GE Title Capstone Nutritional Science and Lab Free Elective or grad school prereq	1 3 3 4 3 Units 3 3 Units 3 3 Units 2 4 3	Core Concentration #1 GWAR, Core Core, UDB UDC GE/Major Concentration Concentration Concentration Free elective GE or elective GE/Major Core, UDB Wellness elect #2 Free elective Free elective GE/Major Core, UDB