

Kinesiology: Wellness 4-Year Pathway 2023-2024

| Fall Freshman Courses (15 units total) | Course or GE Title | Units | GE/Major |
|--|---|------------|-------------------|
| FYS 143 or 145 or 147 or 148 | FYS with Humanities GE | 3 | FYS, C2 |
| STAT 100 (+ STAT 10 if needed) | Introductory Statistics | 3 | Major, B4 |
| KIN 161 or 263 | Health & Wellbeing or Intro Human Sexuality | 3 | E |
| C1 (Arts) GE course | Any C1 GE course | 3 | C1 |
| CST 274 or HCOM 243, 265 or SBS 111, 114, 249 | US History GE (or US 1 course) | 3 | US 1 |
| 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 GE course + WCL Requirement | 3 | C2, WCL |
| ENSTU 120, HCOM 120, 125, or CAD 101B | Reading and Writing course | 3 | A2 |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Fall Sophomore 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 Sophomore Courses (15 units total) | Course or GE Title | Units | GE/Major |
| ENVS 201 or PSY 110 +110L | Into Env Sci or Human Bio & Behavior | 3 | B2, B3 |
| C1 (Arts) GE course | Any C1 GE course | 3 | C1 |
| 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 |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Fall Junior Courses (14 units total) | Course or GE Title | Units | GE/Major |
| KIN 300 | Major Pro-Seminar | 1 | Core |
| KIN 330 | Physical Activity & Health | 3 | Wellness Core |
| KIN 355 | Ethics in Physical Activity and Health | 3 | GWAR, Core |
| KIN 370 and KIN 370L | Anatomy and Physiology I and Lab | 4 | Core, UDB |
| Upper-Division Arts or Humanities | Upper-division arts or humanities | 3 | UDC |
| Spring Junior Courses (16 units total) | Course or GE Title | Units | GE/Major |
| KIN 450 or KIN 490 | Ex Prescript Special Pop or Evol Medicine | 3 | Concentration |
| KIN 350 or 366 | Health Promotion Course | 3 | Concentration #3 |
| KIN 371 and KIN 371L | Anatomy and Physiology II and Lab | 4 | Core, UDB |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Any missing GE or CSU req, or free elective | GE/CSU requirement or elective | 3 | GE or Elective |
| Fall Senior Courses (15 units total) | Course or GE Title | Units | GE/Major |
| KIN 471S | Kinesiology Service Learning | 3 | UDD, UDSL, Core |
| KIN 390 | Exercise Physiology | 3 | UDB, Core |
| KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350 | Wellness Elective #2 | 3 | Wellness Elect #2 |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Spring Senior Courses (15 units total) | Course or GE Title | Units | GE/Major |
| KIN 499 or 469 | Capstone or Internship | 2 | Core |
| KIN 360 & KIN 360L | Nutritional Science with Lab | 4 | Core |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Course for minor, grad school, or elective | Minor or grad school prereq or elective | 3 | Elective |
| Approximate Total Units for Wellness 4-Year Pathway | | 120 | |