

AA-T Kinesiology to B.S. Kinesiology: Wellness Concentration 2024-2025

This pathway is for students who have completed an AA-T in Kinesiology and have sent official degree verification to CSUMB. *KIN students should see the KIN Academic Advisor to create a plan for their specific situation.*

Fall Junior Courses (13 units)	Course or GE Title	Units	GE/Major
KIN 300	Major Pro-Seminar	1	Core
KIN 330	Physical Activity & Health	3	Wellness Core
KIN 471S	Kinesiology Service Learning	3	UDD, UDSL, ES, Core
KIN 303, 320, 340, 346, 350, 363, 366, 375, 450, 461, 469, 490, 492, or HDFS 350	Wellness Elective #1	3	Wellness Elect #1
SPAN 340 or 350 or JAPN 340 or 350	Upper-Division Humanities/World Lang	3	UDC, WCL
Spring Junior Courses (15 units)	Course or GE Title	Units	GE/Major
KIN 355	Ethics in Physical Activity and Health	3	GWAR, Core
KIN 350 or 366	Health Promotion Course	3	Wellness Core
KIN 390	Exercise Physiology	3	UDB, Core
Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
US History requirement <i>if CSU US History requirement not completed before transfer</i>	CSU American Institutions Requirement (US1) <i>if not completed before transfer</i>	3	US1 <i>if needed</i>
Fall Senior Courses (16 units)	Course or GE Title	Units	GE/Major
KIN 450 (Fall, Spring) or KIN 490 (Spring Only)	Exercise Prescriptions for Special Populations OR Evolutionary Medicine	3	Wellness Core
KIN 303, 320, 340, 346, 350, 363, 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
Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
Spring Senior Courses (15-16 units)	Course or GE Title	Units	GE/Major
KIN 499	Capstone	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
SL 210S or other DCSL course <i>if CSU US&CA Government not completed before transfer</i>	CSU US & CA Government (US2&3) Requirement <i>if not completed before transfer</i>	3	US2&3 <i>if needed</i>
Approximate Total Units for Wellness AA-T Pathway		60	