

# Kinesiology BS

## Exercise Science Concentration

### Non Associates Transfer Pathway 2026-2027

This pathway assumes that students have completed 60 transferrable credits including Introductory Statistics and all CSU American Institutions and General Education requirements.

- *Not intended for students who have a Kinesiology AA-T or AS-T degree. Please see AA-T Pathway*
- *Students who completed Human Anatomy with Lab and Human Physiology with Lab receive credit for KIN 370, KIN 370L, KIN 371, and 371L and will not need to retake at CSUMB.*
- *KIN students should see the KIN Academic Advisor to create a plan for their specific situation.*

Fall Junior Courses	Course or GE Title	Units	GE/Major
KIN 300	Kinesiology Major Pro Seminar	3	Major
KIN 355	Ethics in Physical Activity and Health	3	Major/GWAR
KIN 390	Exercise Physiology	3	Major/UD5
KIN 310	Athletic Strength and Conditioning	3	Exercise Science
Course for minor/grad school prep/elective		3	Units Needed
Total Units		15	
Spring Junior Courses	Course or GE Title	Units	GE/Major
KIN 360	Nutrition Science	3	Major
KIN 360L	Nutrition Science Lab	1	Major
KIN 471S	Service Learning	3	Major/UD4
KIN 340	Personal Training	3	Exercise Science
KIN 346	Psychology of Sport and Physical Activity	3	Major
Course for minor/grad school prep/elective		3	Units Needed
Total Units		16	
Fall Senior Courses	Course or GE Title	Units	GE/Major
KIN 421	Essentials of Exercise Science Lab	3	Major
KIN 430	Physical & Biomechanical Aerobic	3	Exercise Science
KIN 450	Exercise Prescription	3	Exercise Science
Any Approved UD3 Course (SPAN or JAPN 350 if World Culture & Language requirement needed)	Upper Division Arts/Humanities	3	UD3 (WCL if needed)
Course for minor/grad school prep/elective		3	Units Needed
Total Units		15	
Spring Senior Courses	Course or GE Title	Units	GE/Major
KIN 499	Capstone	2	Major
KIN 440	Physical & Biomechanical Anaerobic	3	Exercise Science
KIN 375	Motor Behavior	3	Major
Course for minor/grad school prep/elective		3	Units Needed
Course for minor/grad school prep/elective		3	Units Needed
Total Units		14	
<b>Total Overall Units:</b>		<b>60</b>	