

Kinesiology BS

Wellness Concentration

4-Year Pathway 2026-2027

KIN students should see the KIN Academic Advisor to create a plan for their specific situation/career goals

Fall Freshmen Courses	Course or GE Title	Units	GE/Major
Any FYS 1XX	First Year Seminar with any GE	3	FYS
STAT 100 (+STAT 10 if needed)	Intro to Statistics	3	Major/2
Any 1C approved course	Area 1C: Oral Communication	3	1C
Any 3A approved course	Area 3A: Arts	3	3A
Course for minor/grad school prep/elective		3	Units Needed
Total Units		15	
Spring Freshmen Courses	Course or GE Title	Units	GE/Major
KIN 300	Major Po Seminar	3	Major
Any 1A approved course	Area 1A: English Composition	3	1A
Any 1B approved course	Area 1B: Critical Thinking	3	1B
SL 210S, ED 212S, HCOM 260S or SSCI 212S	Service Learning	3	4B/US 2&3
PSY 100 or other approved 4A	Intro to Psychology	3	4A
Total Units		15	
Fall Sophomore Courses	Course or GE Title	Units	GE/Major
KIN 370	Anatomy and Physiology Part 1	3	Major/UD5
KIN 370L	Anatomy and Physiology Lab Part 1	1	Major
Any US1 approved course	US1: History	3	US1
CHEM 109 or other 5A	Introductory Chemistry	3	5A
Course for minor/grad school prep/elective		3	Units Needed
Course for minor/grad school prep/elective		3	Units Needed
Total Units		16	
Spring Sophomore Courses	Course or GE Title	Units	GE/Major
KIN 371	Anatomy and Physiology Part 2	3	Major
KIN 371L	Anatomy and Physiology Lab Part 2	1	Major
ENVS 201 or other 5B/5C	Intro to Enviro Science	4	5B/5C
Any 6 approved course	Area 6: Ethnic Studies	3	6
Course for minor/grad school prep/elective		3	Units Needed
Total Units		14	
Total Overall Units:		60	

Fall Junior Courses	Course or GE Title	Units	GE/Major
Language Course (ASL, JAPN, SPAN 101 or SPAN 212)	Beginning Language 1	3	3B/WCL
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
KIN 375	Motor Behavior	3	Major
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 421L	Essentials of Exercise Science Lab	3	Exercise Science
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 421	Essentials of Exercise Science Lab	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	
		Total Overall Units:	120