

AA-T Kinesiology to BS Kinesiology

Wellness Concentration

2-Year Pathway 2025/26 - 2029/30

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 Course Prefix and Number	Course Title Abbreviate Course Title	Units	Requirement Met GE/UR/Major
KIN 300	Major Pro. Sem	1	Major
KIN 355	Ethics in PA and Health	3	Major/GWAR
KIN 390	Exercise Phys	3	Major/UD5
KIN 330	Phys Activity and Health	3	Wellness Concentration
Course for minor/grad school prep/elective or US1 if not taken	US1: Histories (if needed)	3	US1 (if needed)
Course for minor/grad school prep/or elective		3	
Spring Junior Courses Course Prefix and Number	Course Title Abbreviate Course Title	Units	Requirement Met GE/UR/Major
KIN 471S	Service Learning	3	Major/UD4/UDSL
KIN 360	Nutrition Science	3	Major
KIN 360L	Nutrition Science Lab	1	Major
KIN 450 or 490	Exercise Prescription or Evolutionary Medicine	3	Wellness Concentration
Course for minor/grad school prep/elective or GE 6 if not taken	Area 6: Ethnic Studies (if needed)	3	6 (if needed)
Course for minor/grad school prep/or elective		3	
Fall Senior Courses	Course Title	Units	Requirement Met

Course Prefix and Number	Abbreviate Course Title		GE/UR/Major
KIN 350 or 366	Work Health Promotion or Health Behavior Promotion	3	Wellness Concentration
KIN 303, 320, 340, 346, 350, 363, 366, 375, 450, 461, 469, 490, 492, or HDFS 350	Approved Wellness Concentration Elective	3	Wellness Concentration
Any UD3 approved course (SPAN or JAPN 350 if WCL needed)	Upper Division Arts/Humanities	3	UD3 WCL (if needed)
Course for minor/grad school prep/or elective		3	
Course for minor/grad school prep/or elective		3	
Spring Senior Courses Course Prefix and Number	Course Title Abbreviate Course Title	Units	Requirement Met GE/UR/Major
KIN 499	Capstone	2	Major
KIN 303, 320, 340, 346, 350, 363, 366, 375, 450, 461, 469, 490, 492, or HDFS 350	Approved Wellness Concentration Elective	3	Wellness Concentration
Course for minor/grad school prep/elective or HCOM 362 for US2&3 if not taken	Constitutional History (if needed)	3	US 2&3 (if needed)
Course for minor/grad school prep/or elective		3	
Course for minor/grad school prep/or elective		3	