

Kinesiology, BS

Wellness Concentration

2-Year Pathway 2025/26 - 2029/30

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 Prefix and Number	Course Title Abbreviate Course Title	Units	Requirement Met GE/UR/Major
KIN 300	Major Pro. Sem	1	Major
KIN 370	Anat. and Phys I	3	Major/UD5
KIN 370L	Anat. and Phys I Lab	1	Major
KIN 355	Ethics in PA and Health	3	Major/GWAR
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)
Spring Junior Courses Course Prefix and Number	Course Title Abbreviate Course Title	Units	Requirement Met GE/UR/Major
KIN 371	Anat. and Phys II	3	Major/UD5
KIN 371L	Anat. and Phys II Lab	1	Major
KIN 390	Exercise Phys	3	Major/UD5
KIN 471S	Service Learning	3	UD4/UDSL
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)

Fall Senior Courses Course Prefix and Number	Course Title Abbreviate Course Title	Units	Requirement Met GE/UR/Major
KIN 360	Nutrition Science	3	Major
KIN 360L	Nutrition Science Lab	1	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
Course for minor/grad school prep/or elective		3	
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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
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/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	