

Kinesiology, BS

Wellness Concentration

4-Year Pathway 2025/26 - 2029/30

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

| Fall Freshman Courses Course Prefix and Number | Course Title Abbreviate Course Title | Units | Requirements Met GE/UR/Major |
|------------------------------------------------------------|------------------------------------------------|--------------|----------------------------------------|
| Any FYS 1XX | First Year Seminar with any GE | 3 | FYS |
| STAT 100 (+ STAT 10 if needed) | Intro to Stats | 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/or elective | | 3 | |
| Spring Freshman Courses Course Prefix and Number | Course Title Abbreviate Course Title | Units | Requirement Met GE/UR/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/US2&3 |
| PSY 100 or other 4A | Intro to Psychology | 3 | 4A |
| Course for minor/grad school prep/or elective | | 3 | |
| Fall Sophomore Courses Course Prefix and Number | Course Title Abbreviate Course Title | Units | Requirement Met GE/UR/Major |
| KIN 300 | Kin Major Proseminar | 1 | Major |
| Any US1 approved course | US1: Histories | 3 | US1 |
| CHEM 109 or other 5A | Introductory Chemistry | 3 | 5A |
| Course for minor/grad school prep/or elective | | 3 | |

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|-------------------------------------------------------------|------------------------------------------------|--------------|---------------------------------------|
| Course for minor/grad school prep/or elective | | 3 | |
| Course for minor/grad school prep/or elective | | 3 | |
| Spring Sophomore Courses Course Prefix and Number | Course Title Abbreviate Course Title | Units | Requirement Met GE/UR/Major |
| Language Course (ASL, JAPN, or SPAN 101 or SPAN 212) | Beginning Language I | 3 | 3B/WCL |
| ENVS 201 | Intro to Enviro Science | 4 | 5B/5C |
| Any 6 approved course | Area 6: Ethnic Studies | 3 | 6 |
| Course for minor/grad school prep/or elective | | 3 | |
| Course for minor/grad school prep/or elective | | 3 | |
| Fall Junior Courses Course Prefix and Number | Course Title Abbreviate Course Title | Units | Requirement Met GE/UR/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/or elective | | 3 | |
| 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 371 | Anat. and Phys II | 3 | Major/UD5 |
| KIN 371L | Anat. and Phys II Lab | 1 | Major |
| KIN 390 | Exercise Physiology | 3 | Major/UD5 |

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| KIN 471S | Kinesiology Service Learning | 3 | UD4/UDSL |
| KIN 450 or 490 | Exercise Prescription or Evolutionary Medicine | 3 | Wellness Concentration |
| Course for minor/grad school prep/or elective | | 3 | |
| 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 | |
| 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 | Upper Division Arts/Humanities | 3 | UD3 |
| Course for minor/grad school prep/or elective | | 3 | |
| Course for minor/grad school prep/or elective | | 3 | |