

## AA-T Kinesiology to B.S. Kinesiology: Wellness Concentration 2023-2024

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 (13 units)  | Course or GE Title   | Units     | GE/Major               |
|---|--|-----------|------------------------|
| <b>KIN 300</b>  | Major Pro-Seminar  | 1         | Core                   |
| <b>KIN 330</b>  | Physical Activity & Health   | 3         | Wellness Core          |
| <b>KIN 471S</b>   | Kinesiology Service Learning   | 3         | UDD, UDSL, ES, Core    |
| <b>KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350</b>               | Wellness Elective #1   | 3         | Wellness Elect #1      |
| <b>SPAN 340 or 350 or JAPN 340 or 350</b>   | Upper-Division Humanities/World Lang   | 3         | UDC, WCL               |
| Spring Junior Courses (15 units)  | Course or GE Title   | Units     | GE/Major               |
| <b>KIN 355</b>  | Ethics in Physical Activity and Health   | 3         | GWAR, Core             |
| <b>KIN 350 or 366</b>   | Health Promotion Course  | 3         | Wellness Core          |
| <b>KIN 390</b>  | Exercise Physiology  | 3         | UDB, Core              |
| <b>Course for minor, grad school, or elective</b>   | Minor or grad school prereq or elective  | 3         | Elective               |
| <b>US History requirement</b><br><i>if CSU US History requirement not completed before transfer</i>     | CSU American Institutions Requirement (US1) of not completed prior to transfer | 3         | US1 <i>if needed</i>   |
| Fall Senior Courses (16 units)  | Course or GE Title   | Units     | GE/Major               |
| <b>KIN 450 (Fall, Spring) or KIN 490 (Spring Only)</b>  | Exercise Prescriptions for Special Populations <i>OR</i> Evolutionary Medicine | 3         | Wellness Core          |
| <b>KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350</b>               | Wellness Elective #2   | 3         | Wellness Elect #2      |
| <b>Course for minor, grad school, or elective</b>   | Minor or grad school prereq or elective  | 3         | Elective               |
| <b>Course for minor, grad school, or elective</b>   | Minor or grad school prereq or elective  | 3         | Elective               |
| <b>Course for minor, grad school, or elective</b>   | Minor or grad school prereq or elective  | 3         | Elective               |
| Spring Senior Courses (15-16 units)   | Course or GE Title   | Units     | GE/Major               |
| <b>KIN 499 or 469</b>   | Capstone or Internship   | 2-3       | Core                   |
| <b>KIN 360 &amp; KIN 360L</b>   | Nutritional Science with Lab   | 4         | Core                   |
| <b>Course for minor, grad school, or elective</b>   | Minor or grad school prereq or elective  | 3         | Elective               |
| <b>Course for minor, grad school, or elective</b>   | Minor or grad school prereq or elective  | 3         | Elective               |
| <b>SL 210S or other DCSL course</b><br><i>if CSU US&amp;CA Government not completed before transfer</i> | CSU US & CA government (US2&3) requirement if not done before transfer         | 3         | US2&3 <i>if needed</i> |
| <b>Approximate Total Units for Wellness AA-T Pathway</b>  |  | <b>60</b> |                        |