

## Kinesiology: Wellness 4-Year Pathway 2022-2023

Fall Freshman Courses (15 units total)	Course or GE Title	Units	GE/Major
FYS 145 or 146 or 147 or 148	FYS with Humanities GE	3	FYS,C2
STAT 100 (+ STAT 10 if needed)	Introductory Statistics	3	Major, B4
KIN 161	Foundations of Wellness	3	E
ENVS 201 or PSY 110 +110L	Into Env Sci or Human Bio & Behavior	3	B2, B3
HCOM 120, HCOM 125, SBS 110 or CAD 101A	Reading and Writing course	3	A2
Spring Freshmen Courses (15 units total)	Course or GE Title	Units	GE/Major
HCOM 110	Fundamentals of Speaking & Listening	3	A1
CHEM 109 or other B1 GE	Introductory Chemistry or Phys Sci GE	3	B1
Language course	C2 and WCL	3	C2, WCL
Free elective or CAD 101B	Elective or completion of A2	3	(A2) or elect
Free elective (BIO 204 recommended)	Elective	3	elective
Fall Sophomore Courses (15 units total)	Course or GE Title	Units	GE/Major
PSY 100 or other Social Sci course	Intro to Psych or any DGSS course	3	DGSS
SL210S, ED212S, HCOM260S,SBS212S	Civics/Service Learning GE course	3	DCSL, US2&3
HCOM 200, HCOM 202, BIO 131	Critical Thinking GE	3	A3
Course for minor, grad school, or elective	minor or grad school prereq or elective	3	elective
Ethnic Studies (GE area F)	Any GE area F course	3	GE area F
Spring Sophomore Courses (15 units total)	Course or GE Title	Units	GE/Major
CST 274 or HCOM 243, 251 or 265 or SBS 111, 114, or 249	US History GE (DHIS or US1) course	3	US1
C1 (Arts) GE course	Any C1 GE course	3	C1
Course for minor, grad school, or elective	minor or grad school prereq or elective	3	elective
KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350	Wellness Elective #1	3	Wellness elect #1
Free elective	Major Pro-Seminar	3	elective
Fall Junior Courses (14 units total)	Course or GE Title	Units	GE/Major
KIN 300	Major Pro-Seminar	1	Core
KIN 330 (Fall only)	Physical Activity & Health	3	Concentration #1
KIN 355	Ethics in Physical Activity and Health	3	GWAR, Core
KIN 370 and KIN 370L	Anatomy and Physiology I and Lab	4	Core, UDB
Upper-Division Arts or Humanities	Upper-division arts or humanities	3	UDC
Spring Junior Courses (16 units total)	Course or GE Title	Units	GE/Major
KIN 450 or KIN 490	Ex Prescript Special Pop or Evol Medicine	3	Concentration
KIN 350 or 366	Health Promotion Course	3	Concentration #3
KIN 371 and KIN 371L	Anatomy and Physiology II and Lab	4	Core, UDB
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
Any missing GE or CSU req, or elective	GE or CSU requirement, or elective	3	GE or elective
Fall Senior Courses (15 units total)	Course or GE Title	Units	GE/Major
KIN 471S	Kinesiology Service Learning	3	Core ,UDSL,UDD
KIN 390	Exercise Physiology	3	Core, UDB
KIN 303,320,340,346,350,363/L,366,375, 450, 461,469,490,492,or HDFS 350	Wellness Elective #2	3	Wellness elect #2
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
Spring Senior Courses (15 units total)	Course or GE Title	Units	GE/Major
KIN 499	Capstone	2	Core
KIN 360/L	Nutritional Science and Lab	4	Core
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
<b>Total Wellness 4-Year Pathway</b>		<b>120</b>	