Kinesiology: Wellness 4-Year Pathway 2023-2024

Fall Freshman Courses (15 units total)	Course or GE Title	Units	GE/Major
FYS 143 or 145 or 147 or 148	FYS with Humanities GE	3	FYS, C2
STAT 100 (+ STAT 10 if needed)	Introductory Statistics	3	Major, B4
KIN 161 or 263	Health & Wellbeing or Intro Human Sexuality	3	E
C1 (Arts) GE course	Any C1 GE course	3	C1
CST 274 or HCOM 243, 265 or SBS 111, 114, 249	US History GE (or US 1 course)	3	US 1
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 GE course + WCL Requirement	3	C2, WCL
ENSTU 120, HCOM 120, 125, or CAD 101B	Reading and Writing course	3	A2
Course for minor, grad school, or elective	Minor or grad school prereq or 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
ENVS 201 or PSY 110 +110L	Into Env Sci or Human Bio & Behavior	3	B2, B3
C1 (Arts) GE course	Any C1 GE course	3	C1
KIN 303, 320, 340, 346, 350, 363/L, 366, 375,	Wellness Elective #1	3	Wellness Elect #1
450, 461, 469, 490, 492, or HDFS 350			
Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
Foll Junior Courses (14 units total)	Course or CE Title	1100140	CEMoior
Fall Junior Courses (14 units total)	Course or GE Title	Units	GE/Major
KIN 300	Major Pro-Seminar	1	Core
KIN 300 KIN 330	Major Pro-Seminar Physical Activity & Health	1 3	Core Wellness Core
KIN 300 KIN 330 KIN 355	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health	1 3 3	Core Wellness Core GWAR, Core
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab	1 3 3 4	Core Wellness Core GWAR, Core Core, UDB
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities	1 3 3 4 3	Core Wellness Core GWAR, Core Core, UDB UDC
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title	1 3 3 4 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine	1 3 3 4 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course	1 3 3 4 3 Units 3	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab	1 3 3 4 3 Units 3 4	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective	1 3 4 3 Units 3 3 4 3	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective	1 3 4 3 Units 3 4 3 4 3	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title	1 3 4 3 Units 3 4 3 4 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning	1 3 4 3 Units 3 4 3 4 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology	1 3 4 3 Units 3 4 3 4 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core UDB, Core
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning	1 3 4 3 Units 3 4 3 4 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303, 320, 340, 346, 350, 363/L, 366, 375,	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology	1 3 4 3 Units 3 4 3 4 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core UDB, Core
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2	1 3 4 3 Units 3 4 3 Units 3 3 Units 3	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core UDB, Core Wellness Elect #2
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350 Course for minor, grad school, or elective	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Minor or grad school prereq or elective	1 3 4 3 Units 3 3 4 3 Units 3 3 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core UDB, Core Wellness Elect #2 Elective
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350 Course for minor, grad school, or elective Course for minor, grad school, or elective	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Minor or grad school prereq or elective Minor or grad school prereq or elective	1 3 4 3 Units 3 3 4 3 Units 3 3 3 Units 3 3	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core UDB, Core Wellness Elect #2 Elective Elective
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350 Course for minor, grad school, or elective Course for minor, grad school, or elective Spring Senior Courses (15 units total)	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Minor or grad school prereq or elective Minor or grad school prereq or elective Course or GE Title	1 3 4 3 Units 3 4 3 4 3 3 Units 3 3 Units 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core UDB, Core Wellness Elect #2 Elective Elective GE/Major
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350 Course for minor, grad school, or elective Course for minor, grad school, or elective Spring Senior Courses (15 units total) KIN 499 or 469	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Minor or grad school prereq or elective Minor or grad school prereq or elective Course or GE Title Capstone or Internship	1 3 4 3 Units 3 4 3 4 3 Units 3 3 Units 2	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core UDB, Core Wellness Elect #2 Elective Elective GE/Major Core
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350 Course for minor, grad school, or elective Course for minor, grad school, or elective Spring Senior Courses (15 units total) KIN 499 or 469 KIN 360 & KIN 360L	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Minor or grad school prereq or elective Minor or grad school prereq or elective Course or GE Title Capstone or Internship Nutritional Science with Lab	1 3 4 3 Units 3 3 4 3 Units 3 3 Units 3 3 Units 4 3 Units	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective GE/Major UDD, UDSL, Core UDB, Core Wellness Elect #2 Elective Elective GE/Major Core Core
KIN 300 KIN 330 KIN 355 KIN 370 and KIN 370L Upper-Division Arts or Humanities Spring Junior Courses (16 units total) KIN 450 or KIN 490 KIN 350 or 366 KIN 371 and KIN 371L Course for minor, grad school, or elective Any missing GE or CSU req, or free elective Fall Senior Courses (15 units total) KIN 471S KIN 390 KIN 303, 320, 340, 346, 350, 363/L, 366, 375, 450, 461, 469, 490, 492, or HDFS 350 Course for minor, grad school, or elective Course for minor, grad school, or elective Spring Senior Courses (15 units total) KIN 499 or 469 KIN 360 & KIN 360L Course for minor, grad school, or elective	Major Pro-Seminar Physical Activity & Health Ethics in Physical Activity and Health Anatomy and Physiology I and Lab Upper-division arts or humanities Course or GE Title Ex Prescript Special Pop or Evol Medicine Health Promotion Course Anatomy and Physiology II and Lab Minor or grad school prereq or elective GE/CSU requirement or elective Course or GE Title Kinesiology Service Learning Exercise Physiology Wellness Elective #2 Minor or grad school prereq or elective Minor or grad school prereq or elective Course or GE Title Capstone or Internship Nutritional Science with Lab Minor or grad school prereq or elective	1 3 4 3 Units 3 3 4 3 Units 3 3 Units 3 3 Units 3 3 4 3 4 3 4 3 4 3 4 3 4 3 4 4 3 4	Core Wellness Core GWAR, Core Core, UDB UDC GE/Major Concentration Concentration #3 Core, UDB Elective GE or Elective UDD, UDSL, Core UDB, Core Wellness Elect #2 Elective Elective GE/Major Core Core Core