

Kinesiology: Wellness 4-Year Pathway 2024-2025

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	DCLS, 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, 450, 461, 469, 490, 492, or HDFS 350	Wellness Elective #1	3	Wellness Elect #1
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
Fall Junior Courses (14 units total)	Course or GE Title	Units	GE/Major
KIN 300	Major Pro-Seminar	1	Core
KIN 330	Physical Activity & Health	3	Wellness Core
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
Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
Any missing GE or CSU req, or free elective	GE/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	UDD, UDSL, Core
KIN 390	Exercise Physiology	3	UDB, Core
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
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

Spring Senior Courses (15 units total)	Course or GE Title	Units	GE/Major
KIN 499 or 469	Capstone or Internship	2	Core
KIN 360 & KIN 360L	Nutritional Science with Lab	4	Core
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
Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
	Approximate Total Units for Wellness 4-Year Pathway	120	