

B.S. in Kinesiology - Health Promotion (HP)

Last updated: March 10, 2025

GE units required: 49

Major units required: 71 (this page)

Total units required for graduation: 120

[See website to determine whether course is offered in the Fall or Spring semester.](#)



KINESIOLOGY CORE REQUIREMENTS: 35 UNITS - does not include BIOL 2240 (4 units) or GE B4 (3 units) because they're already counted as GES

	Course		Units	Prerequisites	Notes
	Number	Course Name			
Lower-division (LD) (12 units)	BIOL 2230	Human Anatomy & Physiology I	4		
	BIOL 2240	Human Anatomy & Physiology II	4	BIOL 2230	Counts toward GE B2
	MATH	GE Category B4	3		Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210)
	KINE Activity	2 units of LD activity (1-unit per course x 2)	2		PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units)
	KINE 2100	Orientation to Kinesiology	3		
	KINE 2700	Introduction to Fitness and Programming	3		Prep course for ACSM/NSCA Certified Personal Trainer (CPT) Exam; CPR cert. required by completion
Upper-division (UD) (23 units)	KINE 3100	Introduction to Adapted Physical Activity	3		
	KINE 3200	Principles of Human Movement	3	BIOL 2240	All students need this
	KINE 3400	Psychology & Sociology of Human Movement	3		
	KINE 3500	Motor Development Across the Lifespan	3		
	KINE 3700	Statistics in Kinesiology (WI)	3	GE B4	WI: Counts as GE Writing-Intensive designation
	KINE 3800	Exercise Physiology w/Lab	4	BIOL 2240	
	KINE 4100	Motor Learning & Control	3		
	KINE 4200	Seminar in Kinesiology	1	Senior Standing	

CONCENTRATION REQUIREMENTS - HEALTH PROMOTION: 27 UNITS

HP Core (16 units)	KINE Activity	1 units of LD activity	1		
	KINE 3600	Physical Activity and Aging	3		
	HSCI 3201	Health Behavior	3		
	HSCI 3207	Social Determinants of Health	3		
	HSCI 4202	Epidemiology	3		
	Pick one of the following:	KINE 3810- Sports and Exercise Nutrition		3	
OR					
HSCI 3600 Nutrition for Health			3		
HP Electives (choose 11 units)	KINE 2000	First Aid and CPR	1		
	KINE 2200	Medical Terminology	3		
	KINE 2400	Applications of Technology in Kinesiology	1		
	KINE 2500	Observational Field Experience in KINE	2		
	KINE 3510	Research Seminar in Kinesiology	1		
	KINE 3900	Health & Fitness Business Management	3		
	CHEM 2070	Fundamentals of General, Organic, and Biochemist	5	GE (B1 and B3)	
	BIOL 2200	Microbiology	4	BIOL 1000 recommended	
	PSYC 2201	Developmental Psychology	3	PSYC 1100	
	HSCI 3206	Public Health, Law, and Ethics	3		
	HSCI 4207	Chronic Disease Burden in US	3		
	HSCI 4212	Topics about Special Populations	3		
HSCI 4208	Drug and Alcohol Issues	3			
Other Electives	Free electives= 6 units and History, Constitution, Government= 3 units				



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