



CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

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KINESIOLOGY
Major in Physical Education: Fitness Director Option (52 units)
Single Field (No Minor)

Common Core Requirements (20 Units)		Units	
A	Lower Division Required Courses (7 units)		
*BIO 250	Elements of Human Anatomy and Physiology	3	Prerequisite: BIO 102 or BIO 120 or equivalent
*BIO 251	Elements of Human Anatomy and Physiology Lab	1	Co-requisite: BIO 250
KIN 223	Introduction to Physical Education	3	
B	Upper Division Required Courses (13 units)		
KIN 301	Kinesiology	3	Pre-requisite BIO 250 and BIO 251
KIN 303	Exercise Physiology	4	Pre-requisite BIO 250 and BIO 251
KIN 330	Somatic Education	3	
KIN 360	Prevention & Treatment of Ath. Injuries	3	Pre-requisite BIO 250 and BIO 251
Lower Division Requirements (6 Units)		Units	
KIN 111	Aerobics	1	
KIN 141	Martial Arts	1	
KIN 156	Swimming (all levels)	1	
KIN 235	Lifetime Fitness	3	
Select one (1) from the following (1 unit)		Units	
KIN 142	Physical Conditioning	1	
KIN 170	Weight Training	1	
Upper Division Requirements (25 Units)		Units	
KIN 300	Test/Measurements in Physical Education	3	
KIN 304	Introduction to Adapted Physical Education	3	
KIN 305	Motor Learning	3	
KIN 310	Sports Nutrition for Peak Performance	3	
KIN 362	Principles of Athletic Training	3	Pre-requisite BIO 250, BIO 251 and KIN 360
KIN 462	Therapeutic Exercise	3	Pre-requisite BIO 250, BIO 251 and KIN 360
KIN 490	Senior Seminar in Physical Education	1	To be taken last semester.
KIN 496	Internship in Physical Education	3	To be taken Senior year.
PSY 314	Behavior Modification	3	
	<i>First Aid and CPR Certification</i> American Red Cross or American Heart Association		Due last semester. Valid by graduation review.
All major courses must be meet with a grade of C or higher.			
General Education		Units	
	Lower Division General Courses	55-62	See GE Advisor
Upper Division General Ed.		Units	
	Upper Division Humanities	3	See GE Advisor
	Upper Division Science, Math & Technology	3	See GE Advisor
	Upper Division Social Behavioral Sciences	3	See GE Advisor
Other Requirements			
	Statutory Requirements		See GE Advisor
	GWAR: Graduate Writing Examination (GWE) or ENG 350 or IDS 397 and IDS 398		See GE Advisor
	Units Required 120*		See GE Advisor

*BIO 250/251 recommended taking KIN 290 (pre-requisite BIO 102) or 1 semester of Human Anatomy, 4 units at the junior college. See advisor for approval.

NOTE: You *may need* to take some elective units to reach the 120 unit requirement. See your major advisor for elective unit recommendations and approvals.

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Education Plan

Semester/Year:	
Course	Units
Total Units	

Semester/Year:	
Course	Units
Total Units	

Semester/Year:	
Course	Units
Total Units	

Semester/Year:	
Course	Units
Total Units	

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