

**Bachelor of Science in Kinesiology**

 **Health Promotion Concentration**

# **LOWER DIVISION CORE** Units Year Grade

 KINS 165 Foundations of Kinesiology 3

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 BIO 104 General Biology (GE Area B) 3 \_\_\_\_\_\_ \_\_\_\_\_\_

Or BIO 105 Principles of Biology (GE Area B) 4 \_\_\_\_\_\_ \_\_\_\_\_\_

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 \*ZOO 113 Human Physiology 4 \_\_\_\_\_\_ \_\_\_\_\_\_

 \*ZOO 270 Human Anatomy 4 \_\_\_\_\_\_ \_\_\_\_\_\_

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 \*CHEM 109 General Chemistry (GE Area B) 5

Or KINS 287 Scientific Foundations 3

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 HED 120 Respond to Emergencies CPRFPR 1

 HED 231 Basic Nutrition 3

### UPPER DIVISION CORE

 \*KINS 379 Exercise Physiology 4

 KINS 385 Adapted Physical Activity 3

 \*KINS 386 Structural Kinesiology 4

 HED 392 Community and Population Health 3

 KINS 483 Evaluation Techniques 3

 KINS 484 Motor Development/Learning 3

 \*KINS 492 Senior Seminar 3

 (Core 44-47 units)

**\*Prerequisites required for these courses.**

#### HEALTH PROMOTION Concentration REQUIREMENTS

**Group A (All required):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  HED 390 Design and Implementation of Health Promotion Programs  | 3 |  |  |  |
|  HED 345 Health Messaging and Mass Media  | 3 |  |  |  |
|  HED 388 Community Based Health Promotion | 3 |  |  |  |
|  HED 344 Weight Control | 3 |  |  |  |

**Group B (CHOOSE 1):**

 KINS 474 Psychology of Sport and Exercise (GE- DCG) 3

 PSYC 400 Health Psychology 3

**Group C (CHOOSE 1):**

 ANTH/CRGS 430 “Queer” Across Cultures 3

 CRGS 321 Trans\* Lives and Theory 3

 ES 308 Multiethnic Resistance in the U.S. (UD-D/DCGd) 3

 SOC 303 Race and Inequality (UD-D/DCGd) 3

 PSYC 302 Psychology of Prejudice (UD-D/DCGd) 3

 ES/GEOG 304 Migrations and Mosaics (UD-D/DCGd) 3

**Group D (SELECT FROM BELOW TO MAKE 12 UNITS):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  HED 342 Nutrition for Athletic Performance  | 3 |  |  |  |
|  KINS 325 Health Exercise  | 2 |  |  |  |
|  KINS 339 Group Exercise  | 2 |  |  |  |
|  KINS 425 Strength and Conditioning  | 3 |  |  |  |
|  \*KINS 456A Fitness Assessment and Prescription A | 4 |  |  |  |
|  \*KINS 456B Fitness Assessment and Prescription B | 4 |  |  |  |
|  KINS 460 HPL Techniques  | 1 |  |  |  |
|  PSYC 436 Human Sexuality | 3 |  |  |  |
|  REC 420 Legal and Financial Aspects of Recreation | 3 |  |  |  |

 **\*Prerequisites required for these courses.** (30 units)

**KEY** **PREREQUISITE SEQUENCE:**

 **Senior Year**

KINS 492 (Senior Seminar)

ZOOL 270 (Human Anatomy)

BIO 104/ BIO105

(General Bio)

ZOOL 113 (Human Phys)

KINS 379 (Exer Phys)

KINS 386 (Struct Kines)

**Freshmen Year**

**Sophomore Year**

KIN 287 /CHEM 109 (Sci. Found/Chem)

**Junior Year**

**PREREQUISITES:**

|  |  |
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| **Courses** | **Required Pre-Requisite** |
| **BIO 105** | CHEM 107 or CHEM 109 with C- or better |
| **ZOOL 113**  | BIOL 104 or Bio 105 |
| **KINS 379** | ZOOL 113, CHEM 109 or KINS 287 |
| **KINS 483** | Junior Standing or Instructor Approval |
| **KINS 492** | Senior Standing |

**IMPORTANT NOTES:**

* Earning a C- or better is required for BIO 104/Bio105 and all required courses for the major that have a ZOOL, KINS, REC, or HED prefix (or their equivalent)

\*Note: Students should consult with their academic advisor each semester for recent modification to the above.