

**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.