

2020-2021 Catalog

Grade	Course Number & Title (units)	Need to Take	Prerequisites†
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Complete ALL of the following upper division courses:

	KIN 339: Psychology of Sport Behavior & Athletic Performance (3) GE Area: F or UD D		PSY 100; GE Foundations; junior standing open to Pre-KIN majors
	KIN 363: Theory & Analysis of Group Fitness Instruction (2)		KIN 263
	KIN 364: Fitness for Adult Populations with Unique Health Considerations (3)		KIN 301
	KIN 367: Fitness & the Aging Process (3)		KIN 300, 301, 312, and 339
	KIN 368: Resistance Training for Fitness (3)		KIN 300, 301
	KIN 410: Corrective Exercise Training in Fitness (3)		KIN 368
	KIN 411: Advanced Program Design for Fitness & Performance (3)		KIN 368, 467
	KIN 412: Fitness & Wellness Coaching (3)		KIN 339
	KIN 467: Fundamentals of Personal Training (3)		KIN 368
	KIN 468: Nutrition for Exercise & Performance (3)		NUTR 132; KIN 301
	KIN 469: Fitness Management (3)		KIN 363, 368
	KIN 489D: Fieldwork in Fitness (3)		150 hours in a corporate fitness setting; 150 hours in a commercial fitness setting; 150 hours in a special population setting; 50 hours of other approved experience; department consent corequisite: KIN 467

Complete 6 units from the following elective courses:

	ATEP 207: Prevention & Care of Athletic Injuries (3)		current CPR, AED, & First Aid certifications; see catalog for full details
	GERN 439/NUTR 439: Nutrition and Aging (3)		NUTR 132 or BIOL 207 or BIOL 301 or GERN 400
	KIN 462: Advanced Strength & Conditioning (3)		KIN 300, 301
	KIN 478: Psychological Aspects of Exercise & Fitness (3)		KIN 300, 301, 312, and 339
	KIN 487: Supervised Activity Instruction Experience (1-3)		junior standing; instructor consent

Prerequisites are subject to change; consult the University Catalog (www.csulb.edu/catalog) for the most recent updates

GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at www.csulb.edu/ge

A 'C' or better is required in all courses

Total units required for FIT option: 81-82