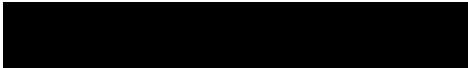


All KIN courses are blocked to declared majors only (not pre-majors) unless otherwise specified in the prerequisites column

Grade

Need to
Take

Complete ALL of the following core courses:



Complete ALL of the following lower division courses:

KIN 263: Techniques of Physical Fitness (2)

open to Pre-KIN majors

ONE (1)

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Complete 4 units from the following physical activity courses:

(Must be 4 different courses)

Grade

Course Number & Title (units)

Need to
Take

Grade

Need to
Take

KIN 100A: Archery* (1)

KIN 102A: Badminton (1)

KIN 104A: Bowling* (1)

KIN 106A: Fencing-Foil (1)

KIN 108A: Golf (1)

KIN 109A: Fitness Walking (1)

KIN 114A: Tennis - *beginning* (1)

KIN 114B: Tennis - *intermediate* (1)

KIN 115A: Table Tennis (1)

KIN 124A: Surfing (1)

KIN 125A: Swimming (1)

KIN 126A: Swimming Conditioning (1)

KIN 127A: Aqua Aerobics (1)

KIN 142: Group Exercise: Cardio (1)

KIN 142B: Group Exercise: Bootcamp (1)

KIN 143: Individual Conditioning (1)

KIN 146A: Jogging (1)

KIN 148A: Karate (1)

KIN 149A: Self Defense (1)

KIN 152A: Yoga (1)

KIN 152C: Yoga II (1)

KIN 161A: Basketball (1)

KIN 162A: Beach Volleyball (1)

KIN 165A: Flag Football (1)

KIN 167A: Soccer (1)

KIN 168A: Ultimate Frisbee (1)

KIN 169A: Softball (1)

KIN 172A: Volleyball - *beginning* (1)

KIN 172B: Volleyball - *intermediate* (1)

KIN 183A: Recreational Dance Workshop (1)

KIN 185: Social Dance (1)

KIN 187: Swing Dancing (1)

KIN 188: Salsa (1)

KIN 189: Country Dancing (1)

KIN 198J: Mat Pilates Level I (1)

KIN 198L: Stretch & Relaxation (1)

**course fee may be required*

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 Sports Behavior & Athletic Performance (3) GE Area: F-Capstone or U/D (3)

~~PSY 100: GE Foundations: upper division standing
open to Pre-KIN majors~~

KIN 412: Fitness & Wellness Coaching (3)

KIN 368

KIN 368, 467

KIN 339

Complete 6 units from the following FIT elective courses:

KIN 300, 301, 312, and 339

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

9 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

9 A 'C' or better is required in all courses

9 Total units required for FIT option: 81-82