

B.S. in Kinesiology - Health Promotion (HP)

Last updated: July 14, 2025

GE units required: 43

Major/Elective units required: 77 (this page)

Total units required for graduation: 120

[See website to determine whether course is offered in the Fall or Spring semester.](#)



KINESIOLOGY CORE REQUIREMENTS: 35 UNITS - does not include BIOL 2240 (4 units) or GE B4 (3 units) because they're already counted as GEs

| | Course Number | Course Name | Units | Prerequisites | Notes |
|-----------------------------------|---------------|--|-------|-----------------|---|
| Lower-division (LD) (12 units) | BIOL 2230 | Human Anatomy & Physiology I | 4 | | |
| | BIOL 2240 | Human Anatomy & Physiology II | 4 | BIOL 2230 | Counts toward GE B2 |
| | MATH | GE Category B4 | 3 | | Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210) |
| | KINE Activity | 2 units of LD activity (1-unit per course × 2) | 2 | | PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units) |
| | KINE 2100 | Orientation to Kinesiology | 3 | | |
| Upper-division (UD) (23 units) | KINE 2700 | Introduction to Fitness and Programming | 3 | | Prep course for ACSM/NSCA Certified Personal Trainer (CPT) Exam; CPR cert. required by completion |
| | KINE 3100 | Introduction to Adapted Physical Activity | 3 | | |
| | KINE 3200 | Principles of Human Movement | 3 | BIOL 2240 | All students need this |
| | KINE 3400 | Psychology & Sociology of Human Movement | 3 | | |
| | KINE 3500 | Motor Development Across the Lifespan | 3 | | |
| | KINE 3700 | Statistics in Kinesiology (WI) | 3 | GE B4 | WI: Counts as GE Writing-Intensive designation |
| | KINE 3800 | Exercise Physiology w/Lab | 4 | BIOL 2240 | |
| | KINE 4100 | Motor Learning & Control | 3 | | |
| | KINE 4200 | Seminar in Kinesiology | 1 | Senior Standing | |

CONCENTRATION REQUIREMENTS - HEALTH PROMOTION: 27 UNITS

| | | | | | |
|-----------------------------------|---|--|---|-----------------------|--------------|
| HP Core (16 units) | KINE Activity | 1 units of LD activity | 1 | | |
| | KINE 3600 | Physical Activity and Aging | 3 | | |
| | HSCI 3201 | Health Behavior | 3 | | |
| | HSCI 3207 | Social Determinants of Health | 3 | | |
| | HSCI 4202 | Epidemiology | 3 | | |
| HP Electives (choose 11 units) | Pick one of the following: | KINE 3810- Sports and Exercise Nutrition | 3 | | |
| | | OR | | | |
| | | HSCI 3600 Nutrition for Health | 3 | | |
| | KINE 2000 | First Aid and CPR | 1 | | |
| | KINE 2200 | Medical Terminology | 3 | | Online only. |
| | KINE 2400 | Applications of Technology in Kinesiology | 1 | | |
| | KINE 2500 | Observational Field Experience in KINE | 2 | | |
| | KINE 3510 | Research Seminar in Kinesiology | 1 | | |
| | KINE 3900 | Health & Fitness Business Management | 3 | | |
| | CHEM 2070 | Fundamentals of General, Organic, and Bioche | 5 | GE (B1 and B3) | |
| | BIOL 2200 | Microbiology | 4 | BIOL 1000 recommended | |
| | PSYC 2201 | Developmental Psychology | 3 | PSYC 1100 | |
| | HSCI 3206 | Public Health, Law, and Ethics | 3 | | |
| | HSCI 4207 | Chronic Disease Burden in US | 3 | | |
| | HSCI 4212 | Topics about Special Populations | 3 | | |
| | HSCI 4208 | Drug and Alcohol Issues | 3 | | |
| Free Electives 15 UNITS | | | | | |
| Other Electives (15) | Free electives= 12 units and History, Constitution, Government= 3 units | | | | |



[Who is My Advisor?](#)