

https://

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

Last updated: July 8, 2026

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: 32 UNITS - does not include BIOL 2240 (4 units), GE B4 (3 units), KINE 3050 (GE UD-4) because they're already counted as GEs

	Course Number	Course Name	Units	Prerequisites	Notes
Lower-division (LD) (13 units)	BIOL 2230	Human Anatomy & Physiology I	4		
	BIOL 2240	Human Anatomy & Physiology II	4	BIOL 2230	Counts toward GE B2/5B
	MATH	GE Category B4/2	3		Counts toward GE B4/2; Suggest: ES/HP/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 2613 (Teaching/Coaching for Dance + gymnastics) instead (counts as 2 units)
	KINE 2100	Orientation to Kinesiology	3		
	KINE 2510	Research Seminar in Kinesiology	1		previously 3510
	KINE 2700	Introduction to Fitness and Programming	3		Prep course for ACSM/NSCA Certified Personal Trainer (CPT) Exam; CPR cert. required by completion
Upper-division (UD) (19 units)	KINE 3050	Disability, Physical Activity, and Society	3		Counts toward GE- UD-4
	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 B4/2	WI: Counts as GE Writing-Intensive designation
	KINE 3800	Exercise Physiology w/Lab	4	BIOL 2240	
	KINE 4100	Motor Learning & Control	3		
CONCENTRATION REQUIREMENTS - HEALTH PROMOTION: 30 UNITS					
HP Core (17 units)	KINE Activity	1 units of LD activity	1		
	KINE 3600	Physical Activity and Aging	3		
	KINE 4200	Seminar in Kinesiology	1	Senior Standing	
	HSCI 3201	Health Behavior	3		
	HSCI 3207	Social Determinants of Health	3		
	HSCI 4202	Epidemiology	3		
	Pick one of the following:	KINE 3810- Sports and Exercise Nutrition	3		
		OR			
		HSCI 3600 Nutrition for Health	3		
HP Electives (choose 13 units)	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		Must have site agreement prepared within 2 weeks of semester
	KINE 3900	Health & Fitness Business Management	3		
	CHEM 2070	Fundamentals of General, Organic, and Biochemistry	5		GE (B1/5A and B3/5C with lab)
	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 12 UNITS					
Grad Requirement= 3 units (History, Constitution, Government)					Who is My Advisor?

