

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

GE units required: 43

Major/Elective units required: 77 (this page)

Total units required for graduation: 120

Last updated: February 23, 2026

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
	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 x 2)	2		PEAPE: Take KINE 2613 (Teaching/Coaching for Dance + gymnastics) instead (counts as 2 units)
	KINE 2100 Orientation to Kinesiology	3		previously 3510
	KINE 2510 Research Seminar in Kinesiology	1		
	KINE 2700 Introduction to Fitness and Programming	3		Prep course for ACSM/NSCA Certified Personal Trainer (CPT) Exam; CPR cert. required by completion
	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	Wi: Counts as GE Writing-Intensive designation
	KINE 3800 Exercise Physiology w/Lab	4	BIOL 2240	
Upper-division (UD) (19 units)	KINE 4100 Motor Learning & Control	3		
	CONCENTRATION REQUIREMENTS - HEALTH PROMOTION: 30 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		
	KINE 3810- Sports and Exercise Nutrition	3		
	OR			
	HSCI 3600 Nutrition for Health	3		
	Pick one of the following:			
HP Core (17 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		
	KINE 3900 Health & Fitness Business Management	3		
	CHEM 2070 Fundamentals of General, Organic, and Biochem	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		
HP Electives (choose 13 units)	Free Electives 12 UNITS			
	Grad Requirement= 3 units (History, Constitution, Government)			
	Who is My Advisor?			

