Major
Kinesiology

Minors
Coaching
Kinesiology
Sports Management
Understanding the Requirements

- **Core:**
  - **Lower Division Core**
    - 100 and 200 level classes
  - **Upper Division Core**
    - 300 and 400 level classes

- **Concentration/Emphasis:**
  - Must choose one and complete all of the requirements
    - **Physical Education** - designed for students wanting to teach Physical Education at the Middle or High School level
    - **Exercise Science** - designed for those interested in health science professions such as physical therapy, exercise physiology, athletic training, fitness and exercise management
Tips and Hints

• Courses required for your Kinesiology major will fulfill your Science with lab and your 4.0 units of Science/Kinesiology requirements for G.E. Major courses will also meet 4.0 units of your required upper division and interdisciplinary GE units.

• KIN major classes are offered only once per year (with the exception of Physical Activity courses, KIN302 Contemporary Health Issues, and KIN363 Movement Experiences for Children). Make sure you plan accordingly!

• Varsity Sport units will NOT count toward your Physical Activity requirement.
Recommended Order for KIN classes

- BIO153 (which is recommended over BIO163 because the content is more useful for KIN students) should be taken as soon as possible. KIN264 should then be taken and followed by KIN274.
  ✓ It is best to complete these courses before taking any upper division major coursework.
- KIN303 should be taken as one of your first upper division major classes.
- For *Physical Education* concentration students, it is recommended to take KIN413 before KIN403.
- Generally, 300 level classes should be taken in your Junior year and 400 level classes in your Senior year.
If I’m considering the Kinesiology major, which classes would also work as General Education requirements?

*(You are required to take 4.0 units of SCI or KIN coursework for General Education)*

- KIN303 is recommended as G.E. for students who want to know more about the KIN major.

- Other good courses for GE: KIN 264, 302, 332, 363, 402, 454
What to take for Fall 2006

• Freshmen:
  – BIO153, KIN264 (if not already taken)

• Sophomores
  – BIO153, KIN264 (if not already taken); KIN303

• Juniors:
  – (All) KIN302, KIN303 (if not already taken); KIN332, KIN383
  – (Physical Education Concentration) KIN363

• Seniors
  – (All) KIN302, KIN303, KIN332, KIN383 (if not already taken)
  – (Physical Education Concentration) KIN403
  – (Exercise Science Concentration) KIN490
Planning Ahead

• Graduate School: Every graduate program is different.
  – research different programs to see prerequisites
  – department faculty can provide further information

• Credential Program (for students planning to teach):
  – discuss teaching options with faculty
  – research credential programs for prerequisites in addition to your CBU degree requirements
  – For information regarding CBU’s Credential program contact Graduate Admissions: (951) 343-4249; YCTR B142.
Who should I contact with questions?

• Catalog:
  – *Your catalog year for your academic requirements (major, concentration, GE)*
  – *The most recent catalog for current course offerings and updated course descriptions including prerequisites.*

• Dean/Department Chair: Dr. Sullivan

• Secretary: Daphne Paramo: Gym 221; dparamo@calbaptist.edu; (951) 343-4396

• Kinesiology Professors

• Advising: YCTR B150; (951) 343-4567
Your feedback is important to us!

The Advising office is working to make our online tools as accessible and easy to follow as possible. If you have any questions, comments, or suggestions on how to improve this Advising tool please email us at Advising@calbaptist.edu.