

Sonoma State University

Department of Kinesiology

Bachelor of Science

LIFETIME FITNESS CONCENTRATION

STUDENT _____

ADVISOR _____

Support Course for the Kinesiology Major:

Course #	Days	Prereq	Description	Units	Sem/Yr	Grade	Inst
KIN 201			Foundations of Kinesiology	3			
BIO 220		Bio 110 or 115	Anatomy (with lab)	4			
BIO 224		Chem 105 or 115AB	Physiology (with lab)	4			
			Human Nutrition	3			
CS 101			Introduction to Computing	3			
			Total	17			

Undergraduate Kinesiology Core Requirements (ALL except KIN 410 & Math 165 require Bio 220 & 224):

KIN 301	MW AM	Engl 101	Hist. & Phil. of Human Movement	4			
KIN 305	MW AM	Engl 101 & WEPT	Psych. Bases of Human Movement	4			
KIN 315	TTH AM	Engl 101	Sociology of Sport	3			
Math 165		ELM	Elementary Applied Statistics	4			
KIN 350	TTH AM	Bio 220 & GE math	Biomechanics	4			
KIN 360	MW PM	Bio 224 & GE math	Physiology of Exercise	4			
KIN 410	Evenings		Lifespan Motor Development	3			
KIN 460	MW PM	Kin 360	Conditioning for Health and Performance	3			
			Total	29			

LIFETIME FITNESS CONCENTRATION:

KIN 241	Fall only	Bio 220 & 224	Emergency Response	3			
KIN 242		Bio 220 & 224	Principles of Musculoskeletal Injuries	3			
KIN 426	Fall Only	Stats & Kin 410	Individualized Assessment and Program Design	4			
KIN 430E		Dept Approval	Field Experience	3			
KIN 442	Spring only	Kin 342	Musculoskeletal Eval, Training, Treatment	4			
Kin 446	Spring only	Kin 350 & 360	Exercise Instruction	3			
		*****	Electives (choose a minimum of 2 courses)	***			
KIN 404		Engl 101	Theory of Coaching	2			
KIN 427			Individuals w/ Disabilities in Education & Recreation Settings	3			
BIO 318		Bio 110 or 115 or 121/122	Biology of Aging (UD GE "E")	3			
BUS 150			Business and Society	3			
GERN 300			Basic Gerontology (UD GE "E")	3			
PSY 201			Human Potential	3			
PSY 408			Transitions in Adult Development	4			
PSY 421		Gern minor	Psychology of Aging	4			
SOCI 317/ GERN 317			Emotions and Adult Life (UD GE "E")	3			
			Total	26			