

All KIN courses are blocked to declared majors only (not pre-majors) unless otherwise specified in the prerequisites column

Grade Need to  
Take  
Complete ALL of the following core courses:

Complete ALL of the following lower division courses:

~~KIN 263 Techniques in Physical Fitness (2)~~

ONE (1)

Complete 4 units from the following physical activity courses:

(Must be 4 different courses)

Grade	Course Number & Title (units)	Need to Take	Grade	Need to Take
	KIN 100A: Archery* (1)			KIN 152A: Yoga (1)
	KIN 102A: Badminton (1)			KIN 152C: Yoga II (1)
	KIN 104A: Bowling* (1)			KIN 161A: Basketball (1)
	KIN 106A: Fencing-Foil (1)			KIN 162A: Beach Volleyball (1)
	KIN 108A: Golf (1)			KIN 165A: Flag Football (1)
	KIN 109A: Fitness Walking (1)			KIN 167A: Soccer (1)
	KIN 114A: Tennis - <i>beginning</i> (1)			KIN 168A: Ultimate Frisbee (1)
	KIN 114B: Tennis - <i>intermediate</i> (1)			KIN 169A: Softball (1)
	KIN 115A: Table Tennis (1)			KIN 172A: Volleyball - <i>beginning</i> (1)
	KIN 124A: Surfing (1)			KIN 172B: Volleyball - <i>intermediate</i> (1)
	KIN 125A: Swimming (1)			KIN 183A: Recreational Dance Workshop (1)
	KIN 126A: Swimming Conditioning (1)			KIN 185: Social Dance (1)
	KIN 127A: Aqua Aerobics (1)			KIN 187: Swing Dancing (1)
	KIN 142: Group Exercise: Cardio (1)			KIN 188: Salsa (1)
	KIN 142B: Group Exercise: Bootcamp (1)			KIN 189: Country Dancing (1)
	KIN 143: Individual Conditioning (1)			KIN 198J: Mat Pilates Level I (1)
	KIN 146A: Jogging (1)			KIN 198L: Stretch & Relaxation (1)
	KIN 148A: Karate (1)			
	KIN 149A: Self Defense (1)			

\*course fee may be required

Grade	Course Number & Title (units)	Need to Take	Prerequisites
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Complete ALL of the following upper division courses:

KIN 339: Psychology of Sports Behavior & Athletic Performance (3) GE Area: F-Capstone or U/D (3)

~~PSY 100: GE Foundations: upper division standing  
open to Pre-KIN majors~~

KIN 412: Fitness & Wellness Coaching (3)

KIN 368

KIN 368, 467

KIN 339

Complete 6 units from the following FIT elective courses:

KIN 300, 301, 312, and 339

*Prerequisites are subject to change; consult the University Catalog ([www.csulb.edu/catalog](http://www.csulb.edu/catalog)) for the most recent updates*

*9 GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at [www.csulb.edu/ge](http://www.csulb.edu/ge)*

*9 A 'C' or better is required in all courses*

**9** Total units required for FIT option: 81-82