

Major Academic Plan

Catalog Year: 2021-22

Degree B.A.

Major: Kinesiology (Health Promotion)

Major Academic Plans (MAP) show a general recommended pathway to graduation. Meet with your major advisor each semester to discuss your progress and degree plan for future semesters. Consult the HSU catalog for complete list of major program courses. See the current schedule of classes for courses offered in General Education, American Institutions, and Diversity & Common Ground requirements.

The online registration tutorial during orientation will help you:

- determine your CSU designated math "[placement category](#)" (1, 2, 3 or 4)
- choose your English class(es) through a similar self-directed process
- choose your Math class(es) based on your major and category information as described in the online registration tutorial

Total units required		120
First Year Fall (Semester 1)		
Requirements Met:	Course	Units
GE Area A: Written Communication	ENGL 102* or ENGL 104 (+ optional ENGL 110)	3-4
Major & GE Area B: Life Science	BIOL 104 General Biology	3
Major (Core)	KINS 165 Foundations of Kinesiology	3
GE Area A: Oral Communication	COMM 100	3
GE Area F: Ethnic Studies		3
Semester Total:		15-16
<i>*If ENGL 102 is selected, students must complete ENGL 103 in semester 2. Adjust spring courses in consultation with an advisor.</i>		
First Year Spring (Semester 2)		
Requirements Met:	Course	Units
GE Area A: Critical Thinking	ENGL 107	3
GE Area B: Mathematics	STAT 108 or (STAT 108i & STAT 8*)	3-4
GE Area C: Arts	ART 108 or TA 105	3
American Institutions/GE Area D: Social Science		3
GE Area E: Lifelong Learning	HED 100	3
Semester Total:		15-16
<i>*Credit earned for math support course does not count toward unit requirements for graduation, GE or major.</i>		
Second Year Fall (Semester 3)		
Requirements Met:	Course	Units
GE Area C: Humanities	ENG 105 or JMC 105	3
Major (Core)	KINS 288 Foundations of Science in Kinesiology	3
GE Area C: Arts or Humanities		3
Major (Core)	ZOOL 113 Human Physiology	4
GE Area D: Social Science	PSYC 104	3
Semester Total:		16
Second Year Spring (Semester 4)		
Requirements Met:	Course	Units
American Institutions		3
GE Area B: Physical Science		4
Major (Core)	HED 231 Basic Nutrition	3
Major (Core)	ZOOL 270 Human Anatomy	4
Semester Total:		14

To Do: Register for the GWPE		
Third Year Fall (Semester 5)		
Requirements Met:	Course	Units
Major (Core)	KINS 379 Exercise Physiology	4
Major (Concentration)	KINS 474 Psychology of Sport & Exercise or PSYC 306 Health Psychology*	3
UD GE Area C	PHIL 303, PHIL 306, or PHIL 309B	3
Major (Concentration)	HED 390 Design & Imp. Health program	3
Major (Concentration)	12 units approved electives [2]	3
	Semester Total:	14-17
*PSYC 306 also meets upper division GE area D		
Third Year Spring (Semester 6)		
Requirements Met:	Course	Units
Major (Concentration)	12 units approved electives [2]	3
Major (Core)	KINS 386 Structural Kinesiology	4
Major (Concentration)	HED 344 Weight Control	3
Major (Core)	KINS 385 Adapted Physical Activity	3
Major (Core)	HED 120 Responding to Emergencies - CPRFPR	1
	Semester Total:	12-16
Fourth Year Fall (Semester 7)		
Requirements Met:	Course	Units
Major (Core)	HED 392 Community & Population Health	3
Major (Core)	KINS 483 Evaluation Techniques in Kinesiology	3
Major (Concentration)	12 units approved electives [2]	3
Major (Concentration)	HED 388 Community Based Health Promotion	3
Major (Core)	KINS 484 Motor Development/Motor Learning	3
	Semester Total:	13-16
Fourth Year Spring (Semester 8)		
Requirements Met:	Course	Units
Major (Core)	KINS 492 Senior Seminar in Kinesiology	3
UD GE Area D	REC 302 Inclusive Recreation	3
Major (Concentration)	HED 345 Health Messaging & Mass Media	3
Major (Concentration)	Complete one diversity focused course [3]	3
Major (Concentration)	12 units approved electives [2]	3
	Semester Total:	13-16
Abbreviations: DCG = Diversity & Common Ground; GE = General Education; LD = Lower Division; UD = Upper Division		
Notes:		
[1] GE modifications in this major - the Upper Division Area B General Education requirement is met by the coursework within the Bachelor of Science degree in Kinesiology.		
[2] Complete 12 units of approved electives in consultation with an advisor. Full list of approved courses available in the catalog or review DARS.		
[3] Complete one approved diversity-focused course, 3 units. Full list of approved courses available in the catalog or review DARS		