

Advising Roadmap - Recommended Course Sequence

Bachelor of Science in Kinesiology

Option I - Exercise and Human Performance

4-Year Plan

Effective Fall 2025

Fall	Units	Spring	Units
Year One -		30	units
GE 1A	3	GE 1C	3
GE 2: MATH 1081	3	GE 1B	3
GE 3A	3	GE 5A, 5C: PHYS 1560 & PHYS 1570	4
GE 4: PSY 1500	3	GE 4(d): SOC 2010	3
IHE (cl)	3	KIN 2500	2
TOTAL 15		TOTAL 15	
Year Two -		30	units
US History	3	US Gov't	3
GE 3B	3	GE 5B	3
KIN 2150*	5	GE 6 (re)	3
KIN 2600	3	KIN 2250*	3
Free Elective*	1	Free Elective*	3
TOTAL 15		15	
Year Three -		29	units
GWAR (wi): KIN 3100	3	UD GE 4	3
KIN 3400	4	KIN 3750	4
KIN 3600	4	KIN 3820	3
KIN 3650	4	KIN 4600	4
TOTAL 15		TOTAL 14	
Year Four -		31	units
UD GE 3	3	KIN 4250	3
UD GE 2 or 5	3	KIN 4560	3
KIN 4610	3	KIN 4580	3
KIN 4650	5	KIN 4960	3
Free Elective	2	Free Elective	3
TOTAL 16		TOTAL 15	
TOTAL UNITS 120			

* or LD Core Group A courses: CHEM 1010, BIOL 2030, BIOL 2040 (total 12 units)

Advising Roadmap - Recommended Course Sequence

Bachelor of Science in Kinesiology

Option I - Exercise and Human Performance

2-Year Plan for UD transferring students

Effective Fall 2025

Assuming completed prior to transfer		60	units
LD 1A, 1B, 1C	9	GE 5A, 5C: CHEM 1010	4
LD GD 2: MATH 1081	3	GE 5A, 5C: PHYS 1560 & PHYS 1570	4
LD GE 3A, 3B	6	GE 5B, 5C: BIOL 2030 & BIOL 2040	8
LD GE 4: SOC 2010 & PSY 1500	6	KIN 2500	2
LD GE 6	3	KIN 2600 or college level statistics	3
American Institutions Courses	6	Transferrable courses	6

Courses to be completed at Cal State L.A.:

Fall	Units	Spring	Units
Junior Year		30	units
UD GE 2 or 5	3	UD GE 4	3
UD GE 3	3	KIN 3600	4
GWAR (wi): KIN 3100	3	KIN 3650	4
KIN 3750	3	KIN 3820	3
Free Elective	3	Free Elective	1
TOTAL 15		TOTAL 15	
Senior Year		30	units
Free Elective	1	KIN 4250	3
KIN 3400	4	KIN 4580	3
KIN 4560	3	KIN 4650	5
KIN 4600	4	KIN 4960	3
KIN 4610	3	Free Elective	1
TOTAL 15		15	
TOTAL UNITS 60			

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Bachelor of Science in Kinesiology

Option II - Rehabilitation and Therapeutic Exercise

4-Year Plan

Effective Fall 2025

Fall	Units	Spring	Units
Year One -		30 units	
GE 1A	3	GE 1C	3
GE 2: MATH 1081	3	GE 1B	3
GE 3A	3	GE 5A, 5C: PHYS 1560 & PHYS 1570	4
GE 4: PSY 1500	3	GE 4(d): SOC 2010	3
IHE (cl)	3	KIN 2500	2
TOTAL 15		TOTAL 15	
Year Two -		30 units	
US History	3	US Gov't	3
GE 3B	3	GE 5B	3
KIN 2150*	5	GE 6 (re)	3
KIN 2600	3	KIN 2250*	3
Free Elective*	1	Free Elective*	3
TOTAL 15		TOTAL 15	
Year Three -		30 units	
GWAR (wi): KIN 3100	3	UD GE 3	3
KIN 3400	4	UD GE 4	3
KIN 3600	4	Group A Elective 1	3
KIN 3650	4	Group B Elective 1	4
		Free Elective	2
TOTAL 15		TOTAL 15	
Year Four -		30 units	
UD GE 2 or 5	3	KIN 3750	4
Group A Elective 2	3	KIN 3820	3
Group A Elective 3	3	KIN 4250	3
Group B Elective 2	4	Group C Elective	2
Free Elective	2	Free Elective	3
TOTAL 15		TOTAL 15	
		TOTAL UNITS 120	

* or LD Core Group A courses: CHEM 1010, BIOL 2030, BIOL 2040 (total 12 units)

Advising Roadmap - Recommended Course Sequence

Bachelor of Science in Kinesiology

Option II - Rehabilitation and Therapeutic Exercise

2-Year Plan for UD transferring students

Effective Fall 2025

Assuming completed prior to transfer		60	units
LD 1A, 1B, 1C	9	GE 5A, 5C: CHEM 1010	4
LD GD 2: MATH 1081	3	GE 5A, 5C: PHYS 1560 & PHYS 1570	4
LD GE 3A, 3B	6	GE 5B, 5C: BIOL 2030 & BIOL 2040	8
LD GE 4: SOC 2010 & PSY 1500	6	KIN 2500	2
LD GE 6	3	KIN 2600 or college level statistics	3
American Institutions Courses	6	Transferrable courses	6

Courses to be completed at Cal State L.A.:

Fall	Units	Spring	Units
Junior Year		31	units
UD GE 2 or 5	3	UD GE 3	3
UD GE 4 (re)	3	Group B Elective 1	4
Group A Elective 1	3	KIN 3600	4
GWAR (wi): KIN 3100	3	KIN 3650	4
KIN 3750	4		
TOTAL	16	TOTAL	15
Senior Year		29	units
KIN 3400	4	KIN 3820	3
Group A Elective 2	3	KIN 4250	3
Group A Elective 3	3	Group B Elective 2	4
Group C Elective	2	Free Elective	4
Free Elective	3		
TOTAL	15		14
		TOTAL UNITS	60

Advising Roadmap - Recommended Course Sequence

Bachelor of Science in Kinesiology

Option III - Subject Matter Preparation for Single Subject Teaching Credential

4-Year Plan

Effective Fall 2025

Fall	Units	Spring	Units
Year One -		30 units	
GE 1A	3	GE 1C	3
GE 2: MATH 1081	3	GE 1B	3
GE 3A	3	GE 5A, 5C: PHYS 1560 & PHYS 1570	4
GE 4: PSY 1500	3	GE 4(d): SOC 2010	3
IHE (cl)	3	KIN 2500	2
TOTAL 15		TOTAL 15	
Year Two -		30 units	
US History	3	US Gov't	3
GE 3B	3	GE 5B	3
KIN 2150*	5	GE 6 (re)	3
KIN 2600	3	KIN 2250*	3
Free Elective*	1	Free Elective*	3
TOTAL 15		15	
Year Three -		31 units	
UD GE 2 or 5	3	UD GE 3	3
GWAR (wi): KIN 3100	3	KIN 3200	4
KIN 3190	3	KIN 3220	4
KIN 3820	3	KIN 3600	4
KIN 3650	4		
TOTAL 16		TOTAL 15	
Year Four -		29 units	
UD GE 4	3	KIN 3750	4
KIN 3180	4	KIN 4015	3
KIN 3210	4	KIN 4250	3
KIN 3400	4	Free Elective	3
		Free Elective	1
TOTAL 15		TOTAL 14	
TOTAL UNITS 120			

* or LD Core Group A courses: CHEM 1010, BIOL 2030, BIOL 2040 (total 12 units)

~ Meet with Drs. Roberta Beyer or Sierra Cordova for approved electives toward credential.

~ **Adapted Physical Education Added Authorization** : Refer to the College of Education for regulations governing all teaching credential programs.

Advising Roadmap - Recommended Course Sequence

Bachelor of Science in Kinesiology

Option III - Subject Matter Preparation for Single Subject Teaching Credential

2-Year Plan for UD transferring students

Effective Fall 2025

Assuming completed prior to transfer		60	units
LD 1A, 1B, 1C	9	GE 5A, 5C: CHEM 1010	4
LD GD 2: MATH 1081	3	GE 5A, 5C: PHYS 1560 & PHYS 1570	4
LD GE 3A, 3B	6	GE 5B, 5C: BIOL 2030 & BIOL 2040	8
LD GE 4: SOC 2010 & PSY 1500	6	KIN 2500	2
LD GE 6	3	KIN 2600 or college level statistics	3
American Institutions Courses	6	Transferrable courses	6

Courses to be completed at Cal State L.A.:

Fall	Units	Spring	Units
Junior Year		31	units
UD GE 2 or 5	3	UD GE 3	3
UD GE 4 (re)	3	KIN 3200	4
GWAR (wi): KIN 3100	3	KIN 3600	4
KIN 3190	3	KIN 3650	4
KIN 3750	4		
TOTAL	16	TOTAL	15
Senior Year		29	units
KIN 3400	4	KIN 3820	3
KIN 3180	4	KIN 4015	4
KIN 3210	3	KIN 4250	3
KIN 3220	4	Free Elective	3
		Free Elective	1
TOTAL	15		14
		TOTAL UNITS	60

Meet with Drs. Roberta Beyer or Sierra Cordova for approved electives toward credential.

~ **Adapted Physical Education Added Authorization** : Refer to the Charter College of Education for regulations governing all teaching credential programs.

Advising Roadmap - Recommended Course Sequence

Bachelor of Science in Kinesiology

Option IV - Community Leadership of Physical Activity

4-Year Plan

Effective Fall 2025

Fall	Units	Spring	Units
Year One -		30 units	
GE 1A	3	GE 1C	3
GE 2: MATH 1081	3	GE 1B	3
GE 3A	3	GE 5A, 5C: PHYS 1560 & PHYS 1570	4
GE 4: PSY 1500	3	GE 4(d): SOC 2010	3
IHE (cl)	3	KIN 2500	2
TOTAL 15		TOTAL 15	
Year Two -		30 units	
US History	3	US Gov't	3
GE 3B	3	GE 5B	3
KIN 2150*	5	GE 6 (re)	3
KIN 2600	3	KIN 2250*	3
Free Elective*	1	Free Elective*	3
TOTAL 15		15	
Year Three -		30 units	
GWAR (wi): KIN 3100	3	UD GE 2 or 5	3
KIN 3190	3	UD GE 3	3
KIN 3650	4	KIN 3600	4
KIN 3820	3	KIN 3750	3
Free Elective	1	YAA 4670 / POLS 4670	3
TOTAL 14		TOTAL 16	
Year Four -		30 units	
UD GE 4	3	KIN 4010	3
KIN 3400	4	KIN 4220	3
KIN 4210	3	KIN 4250	3
YAA 2900	3	YAA 4950	3
Free Elective	2	Free Elective	3
TOTAL 15		TOTAL 15	
TOTAL UNITS 120			

* or LD Core Group A courses: CHEM 1010, BIOL 2030, BIOL 2040 (total 12 units)

Advising Roadmap - Recommended Course Sequence

Bachelor of Science in Kinesiology

Option IV - Community Leadership of Physical Activity

2-Year Plan for UD transferring students

Effective Fall 2025

Assuming completed prior to transfer		60	units
LD 1A, 1B, 1C	9	GE 5A, 5C: CHEM 1010	4
LD GD 2: MATH 1081	3	GE 5A, 5C: PHYS 1560 & PHYS 1570	4
LD GE 3A, 3B	6	GE 5B, 5C: BIOL 2030 & BIOL 2040	8
LD GE 4: SOC 2010 & PSY 1500	6	KIN 2500	2
LD GE 6	3	KIN 2600 or college level statistics	3
American Institutions Courses	6	Transferrable courses	6

Courses to be completed at Cal State L.A.:

Fall	Units	Spring	Units
Junior Year		31	units
UD GE 2 or 5	3	KIN 3200	4
UD GE 4 (re)	3	KIN 3600	4
GWAR (wi): KIN 3100	3	KIN 3650	4
KIN 3190	3	YAA 4670	3
KIN 3750	4		
TOTAL 16		TOTAL 15	
Senior Year		29	units
UD GE 3	3	KIN 3820	3
KIN 3400	4	KIN 4010	3
KIN 4210	3	KIN 4220	3
YAA 2900	3	KIN 4250	3
Free Elective	1	YAA 4950	3
TOTAL 14		15	
TOTAL UNITS 60			