Kinesiology Major Program Planner

NAME: ________________________________
STUDENT NUMBER: ____________________

SEMESTER MAJOR APPROVED: _________
DATE: ________________________________

Students must obtain a grade of C- or higher in all required courses and maintain a 2.2 or 2.5 science cumulative grade point average to remain in the program.

**LOWER DIVISION REQUIREMENTS**

**CORE COURSES:**
- BISC 101 - General Biology (4)
- BPK 142 - Introduction to Kinesiology (3)
- BPK 143 - Exercise: Health and Performance (3)
- BPK 201 - Biomechanics (3)
- BPK 205 - Introduction to Human Physiology (3)
- BPK 207 - Human Motor Systems (3)
- CHEM 121 - General Chemistry and Laboratory I (4)
- CHEM 122 - General Chemistry II (2)
- CHEM 281 - Organic Chemistry I (4)
- MATH 154 - Calculus I for the Biological Sciences (3) (or MATH 150 or 151)
- MATH 155 - Calculus II for the Biological Sciences (3) (or MATH 152)
- MBB 201 - Biochemistry of the Cell (3) (or MBB 231)
- PHYS 101 - Physics for the Life Sciences I (3) (or PHYS 120 or 125 or 140)
- PHYS 102 - Physics for the Life Sciences II (3) (or PHYS 121 or 126 or 141)
- STAT 201 - Statistics for the Life Sciences (3)

**3 UNITS FROM ANY OF THE FOLLOWING:**
- BPK 110 - Human Nutrition: Current Issues (3)
- BPK 140 - Contemporary Health Issues (3)
- BPK 180W - Introduction to Ergonomics (3)
- BPK 241 - Sports Injuries - Prevention and Rehabilitation (3)

**WQB AND ELECTIVE REQUIREMENTS:**

24 UNITS of lower or upper division electives, including: 6 units of Humanities Breadth (B-Hum), 6 units of Social Science Breadth (B-Soc), and 3 units of lower division Writing Intensive (W).

- (6 units) ____________ ____________ (B-Hum)
- (6 units) ____________ ____________ (B-Soc)
- (3 units) ____________ (W)

**ADDITIONAL FREE ELECTIVES:**

**UPPER DIVISION REQUIREMENTS**

**CORE COURSES:**
- BPK 304W - Inquiry and Measurement in Kinesiology (3)
- BPK 305 - Human Physiology I (3)
- BPK 306 - Human Physiology II (3)
- BPK 310 - Exercise/Work Physiology (3)
- BPK 326 - Functional Anatomy (4)
- BPK 340 - Active Health: Behavior and Promotion (3)

**3 UNITS OF THE FOLLOWING:**
- BPK 301 - Biomechanics Laboratory (3) (Q)
- BPK 407 - Human Physiology Laboratory (3)

Students can complete both BPK 301 & 407, and count one as an elective below.

21 UNITS FROM ANY OF THE FOLLOWING:
- BPK 303 - Kinesanthropometry (3)
- BPK 307 - Human Physiology III (3) Only counts if new BPK 306 completed
- BPK 308 - Experiments and Models in Systems Physiology (3)
- BPK 311 - Applied Human Nutrition (3)
- BPK 312 - Nutrition for Fitness and Sport (3)
- BPK 336 - Histology (3)
- BPK 343 - Active Health: Assessment and Programming (3) (Q)
- BPK 375 - Human Growth and Development (3)
- BPK 381 - Psychology of Work (3)
- BPK 382 - Workplace Health (3) (Q)
- BPK 401 - Muscle Biomechanics (3)
- BPK 402 - Mechanical Behavior of Biological Tissues (3)
- BPK 412 - Molecular and Cellular Cardiology (3)
- BPK 415 - Neural Control of Movement (3)
- BPK 417W - Obesity, Adipocyte Function & Weight Management (3)
- BPK 42X - Selected Topics in Kinesiology * (3)
- BPK 426 - Neuromuscular Anatomy (3)
- BPK 430 - Human Energy Metabolism (3)
- BPK 431 - Integrative Cancer Biology (3)
- BPK 432 - Physiological Basis of Temperature Regulation (3)
- BPK 443 - Advanced Exercise Prescription (3)
- BPK 444 - Cardiac Disease: Pathophysiology and Assessment (3)
- BPK 445 - Advanced Cardiac Rehabilitation (3)
- BPK 446 - Neurological Disorders (3)
- BPK 448 - Rehabilitation of Movement Control (3)
- BPK 458 - Prevention & Management, Cardiovascular Disease (3)
- BPK 481 - Musculoskeletal Disorders (3)
- BPK 482 - Ergonomics and Rehabilitation (3)
- BPK 484 - Altitude and Aerospace Physiology (3) (Q)
- BPK 488 - Ergonomics Laboratory (3)
- BPK 496 - Directed Study I (3)
- BPK 498 - Directed Study II (3)
- MBB 321 - Intermediary Metabolism (3)

**3 UNITS OF UPPER DIVISION ELECTIVES IN ANY DISCIPLINE:**

- (excluding BPK 325, 342, 457, 459, 491, 495 and 499)

**GRADUATION GPAs:**
- CGPA of 2.00 or higher
- UDCGPA of 2.00 or higher
- BPK Cum GPA of 2.00 or higher
- BPK UD GPA of 2.00 or higher