

Kinesiology GE Courses

This portion of the site is designed to acquaint students with the general education courses available within the department of Human Performance. We offer both lower division and upper division courses that fulfill the [SJSU general education](#) requirements in areas E, R, S, & Z.

Course	Title	Area
KIN/CD 67	Development of Human Potential	E: Human Understanding & Development
KIN 69	Stress Management	E: Human Understanding & Development
KIN/NuFS 163	Physical Fitness & Nutrition	R: Earth & Environment
KIN 101	Sport in America	S: Self, Society & Equality in the U.S.
KIN/HS 169	Diversity Stress & Health	S: Self, Society & Equality in the U.S.
KIN 100W	Writing Workshop	Z: Written Communication II