

Nursing Fast Track Sample Schedule for Kinesiology Major

Catalog 2025-2026

Pathways for the Fast Track Program

- Complete Justice Reconciliation and Diversity GE in ABSN Program
- Complete Philosophy GE requirement in ABSN Program
- Complete 124 unit for degree requirement in 1st Semester of ABSN Program

NOTE- This is a "sample schedule" your actual schedule may look different. Use this as a guide to make sure all required classes are taken and classes that overlap with nursing program are not taken until the ABSN program.

Key:

Major Classes

Nursing Prerequisites

GE Requirements

Complete KNS Undergraduate Degree while in 1st semester of ABSN program

*** = also fulfills GE Requirement

*** = also fulfills Major Requirement

* = Check Prerequisites requirements

FIRST YEAR					
Fall Semester		Spring Semester		Summer	
<input type="checkbox"/> "Common Context Course" New Testament RS 010 or Old Testament RS 001 or Christian Doctrine RS 020 or Perspectives on World History HIS 010	4	<input type="checkbox"/> "Common Context Course" New Testament RS 010 or Old Testament RS 001 or Christian Doctrine RS 020 or Perspectives on World History HIS 010	4		
<input type="checkbox"/> ***General Chemistry w/ Lab CHM 005	4	<input type="checkbox"/> General Psychology PSY 001	4		
<input type="checkbox"/> ***English Composition ENG 002	4	<input type="checkbox"/> Human Nutrition KNS 040	4		
<input type="checkbox"/> ***Working Artistically	4	<input type="checkbox"/> ***Statistics MA 005***	4		
<input type="checkbox"/> Fit for Life or PE	1	<input type="checkbox"/> Fit for Life or PE	1		
Total Units	17	Total Units	17		



WESTMONT

SECOND YEAR					
Fall Semester		Spring Semester		Summer	
<input type="checkbox"/> ***Human Anatomy w/ Lab KNS 011	4	<input type="checkbox"/> Psychology of Movement KNS 148	2	<input type="checkbox"/> Microbiology w/ Lab *	4
<input type="checkbox"/> Foundations of Kinesiology KNS 072	4	<input type="checkbox"/> Sociology of Movement KNS 149	2		
<input type="checkbox"/> Reading Imaginative Literature/ Writing Intensive outside of major * pick class that fulfills both*	4	<input type="checkbox"/> Physiology w/ lab KNS 012 (only offered in Spring)	4		
<input type="checkbox"/> Modern Foreign Language	4	<input type="checkbox"/> ***Public Speaking in Kinesiology KNS 166	4		
<input type="checkbox"/> Fit for Life/ PE	1	<input type="checkbox"/> Fit for Life/ PE	1		
		<input type="checkbox"/> "Common Context Course" New Testament RS 010 or Old Testament RS 001 or Christian Doctrine RS 020 or Perspectives on World History HIS 010	4		
Total Units	17	Total Units	17	Total Units	4
THIRD YEAR					
Fall Semester		Spring Semester		Summer	
<input type="checkbox"/> ***Thinking Historically	4	<input type="checkbox"/> "Common Context Course" New Testament RS 010 or Old Testament RS 001 or Christian Doctrine RS 020 or Perspectives on World History HIS 010	4	<i>KNS courses often offered during May Term to consider:</i> <ul style="list-style-type: none"> • Internship KNS 190 • Special Populations KNS 181 <i>KNS electives the Nursing Department strongly recommends</i> <ul style="list-style-type: none"> • Cardiovascular Dynamics KNS 110 • Nutrition for Healthcare Professionals KNS 122 	
<input type="checkbox"/> Biomechanics KNS 101	4	<input type="checkbox"/> Physiology of Exercise KNS 105	4		
<input type="checkbox"/> Motor Behavior KNS 185	4	<input type="checkbox"/> ***Special Populations KNS 181	4		
<input type="checkbox"/> ***Food Systems KNS 140/ Or Thinking Globally	4	<input type="checkbox"/> Senior Capstone KNS 195 (only offered in Spring)	2		
<i>If taking another Thinking Globally class 6 KNS electives will be needed to meet the major requirements</i>		<input type="checkbox"/> Internship KNS 190 or Research KNS 198	1		
		<input type="checkbox"/> KNS elective of your choice worth 2 units	2		
Total Units	16	Total Units	17		



WESTMONT

FOURTH YEAR					
Fall Semester (Nursing Semester 1)		Spring Semester (Nursing Semester 2)		Summer Semester (Nursing Semester 3)	
<input type="checkbox"/> Fundamentals for Nursing Practice NUR 211	6	<input type="checkbox"/> Beginning MSG Nursing NUR 230	7	<input type="checkbox"/> Intermediate MSG Nursing NUR 270	7
<input type="checkbox"/> Pathophysiology for Nursing NUR 210	2	<input type="checkbox"/> Psych/MH Nursing NUR 230	3	<input type="checkbox"/> Maternal/Child Health Nursing NUR 240	3
<input type="checkbox"/> Pharmacology for Nursing NUR 213	3	<input type="checkbox"/> Nursing and the Liberal Arts NUR 230	2	<input type="checkbox"/> Pediatric Nursing NUR 250	3
<input type="checkbox"/> ***Nursing for Human Flourishing PHI 200	3			<input type="checkbox"/> Evidence-based Practice for Nursing NUR 260	2
<input type="checkbox"/> ***Understanding My Neighbor: Society, Culture, and Health SOC 200	3				
Graduation with KNS degree					
Total Units	17	Total Units	12	Total Units	15
FIFTH YEAR					
Fall Semester (Nursing Semester 4)					
<input type="checkbox"/> Advanced MSG Nursing NUR 285	7	<p><i>After the spring semester above, you would be a graduate with your bachelor's degree in KNS and you would be in the second semester of the nursing program as a post-baccalaureate student.</i></p> <p>To graduate with a bachelor's degree, you need: 124 total units (12 will be in the 1st two semesters of nursing program), All major requirements complete, and all general education requirements complete</p>			
<input type="checkbox"/> Public Health Nursing NUR 290	4				
<input type="checkbox"/> Nursing Leadership NUR 295	2				
<input type="checkbox"/> Professional Nursing Roles NUR 275	2				
Total Units	15				



**General Education Requirements
Pre-Nursing Fast-Track****

*Minimum grade of D- required to satisfy General Education Requirements	
I. Common Contexts	
A. Biblical and Theological Canons – 12 Units at Westmont College	
Introduction to Old Testament (4)	
Introduction to New Testament (4)	
Introduction to Christian Doctrine (4)	
B. Introduction to the Christian Liberal Arts – 8 Units at Westmont College	
Philosophical Reflections on Reality, Knowledge, and Value (4) **Once in Nursing Program PHI 200	
World History in Christian Perspective (4)	
II. Common Inquiries – One course in each of the 8 categories.	
Reading Imaginative Literature (4)	
Exploring the Physical Sciences (4) CHEM 005 w/ Lab	
Exploring the Life Sciences (4) KNS 011	
Reasoning Abstractly (4) MA 005	
Working Artistically (4)	
Thinking Globally (4) KNS 140	
Thinking Historically (4)	
Understanding Society (4) SOC 200	
III. Common Skills	



WESTMONT

*Minimum grade of D- required to satisfy General Education Requirements	
I. Common Contexts	
A. Three writing-intensive or speech-intensive courses:	
Writing for the Liberal Arts	ENG 002
If course above is NOT ENG 002 , CIRCLE qualifying test: ACT SAT/WRII TSWE	
Writing/speech WITHIN the major	KNS 072
Writing/speech OUTSIDE the major	
B. Quantitative and Analytical Reasoning	CHEM 005 w/ Lab and MA 005
C. Modern/Foreign Languages (4)	
D. Justice, Reconciliation and Diversity SOC 200	
D. Physical Education (4)	
1. Fitness for Life 2. _____ 3. _____ 4. _____	
IV. Compassionate Action	
All students will complete ONE course from the following 2 options:	
Serving Society; Enacting Justice	KNS 140
Communicating Cross-Culturally	



WESTMONT