

KINESIOLOGY (BS)

Kinesiology

Concentration Not Yet Declared - BS in Kinesiology

Suggested Four-Year Flowcharts are planning guides and do not represent a required course sequence.

Courses may be completed in a different order, provided requisite requirements are satisfied.

First Year

Term 1		Units
HLTH 1155 or HLTH 1160	Multicultural Perspectives and Health (4B) ¹ or Women's Health and Society	3
KINE 1180	Introduction to Kinesiology	1
BIO 1151	Life: Molecules and Cells (5B & 5C) ¹	4
CHEM 1120	Fundamentals of Chemical Structure and Properties (5A) ¹	4
MATH 1007 or MATH 1261	Precalculus (2) ¹ or Calculus I	3-4
Units		15
Term 2		Units
PHYS 1121	College Physics I	4
STAT 1110	Applied Statistical Concepts and Methods	3
General Education Requirement (1A)		3
General Education Requirement (1C)		3
Free Elective ³		2
Units		15

Second Year

Term 1		Units
KINE 2266	Sport and Performance Psychology	3
KINE 3312	Motor Learning	3
BIO 2231	Human Anatomy and Physiology I	4
General Education Requirement (1B)		3
General Education Requirement (3A)		3
Units		16
Term 2		Units
KINE 3319	Introduction to Research Methods in Kinesiology	4
BIO 2232	Human Anatomy and Physiology II	4
General Education Requirement (3B)		3
General Education Requirement (4A)		3
Free Elective ³		3
Units		17

Third Year

Term 1		Units
KINE 3303	Physiology of Exercise	4
KINE 3323 or KINE 3324 or KINE 3325	Sport and Gender ² or Sports, Media, and United States Popular Culture or Sport and Physical Activity Throughout Civilizations	3
General Education Requirement (6)		3
Free Elective ³		2
Units		12
Term 2		Units
KINE 3307	Adapted Physical Activity	3
Concentration Course		3
Concentration Course		3
General Education Requirement (Upper-Division 2/5)		3
General Education Requirement (Upper-Division 3)		3
Units		15

Fourth Year

Term 1		Units
KINE 4403	Biomechanics	4
KINE 4412	Physical Activity and Public Health	3
Concentration Course		3
Concentration Course		2-3

Free Elective ³		2
	Units	15
Term 2		
KINE 4451	Nutrition for Fitness and Sport	4
KINE 4460	Senior Project - Experiential	2
or KINE 4461	or Senior Project - Report	
or KINE 4462	or Senior Project - Research	
or KINE 4463	or Senior Project - Internship	
Concentration Course		3
Concentration Course		3
General Education Requirement (Upper-Division 4)		3
	Units	15
	Total Units	120

¹ Required in Major or Support; also satisfies General Education (GE) requirement.

² KINE 3325 is required in the Sport Science concentration. A course taken to fulfill a major course requirement cannot be double-counted in the concentration.

³ If a General Education (GE) course is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

Exercise Science

Exercise Science Concentration - BS in Kinesiology

Suggested Four-Year Flowcharts are planning guides and do not represent a required course sequence.

Courses may be completed in a different order, provided requisite requirements are satisfied.

First Year

Term 1	Units
HLTH 1155 or HLTH 1160	3
Multicultural Perspectives and Health (4B) ¹ or Women's Health and Society	
KINE 1180	1
Introduction to Kinesiology	
BIO 1151	4
Life: Molecules and Cells (5B & 5C) ¹	
CHEM 1120	4
Fundamentals of Chemical Structure and Properties (5A) ¹	
MATH 1007 or MATH 1261	3-4
Precalculus (2) ¹ or Calculus I	
Units	15

Term 2	
PHYS 1121	4
College Physics I	
STAT 1110	3
Applied Statistical Concepts and Methods	
General Education Requirement (1A)	3
General Education Requirement (1C)	3
Free Elective ³	2
Units	15

Second Year

Term 1	
KINE 2266	3
Sport and Performance Psychology	
KINE 3312	3
Motor Learning	
BIO 2231	4
Human Anatomy and Physiology I	
General Education Requirement (1B)	3
General Education Requirement (3A)	3
Units	16

Term 2	
KINE 3307	3
Adapted Physical Activity	
BIO 2232	4
Human Anatomy and Physiology II	
General Education Requirement (3B)	3
General Education Requirement (4A)	3
Free Elective ³	3
Units	16

Third Year

Term 1	
KINE 3303	4
Physiology of Exercise	
KINE 3319	4
Introduction to Research Methods in Kinesiology	
KINE 3323 or KINE 3324 or KINE 3325	3
Sport and Gender ² or Sports, Media, and United States Popular Culture or Sport and Physical Activity Throughout Civilizations	
General Education Requirement (6)	3
Units	14

Term 2	
KINE 3349	3
Exercise Testing and Prescription	
KINE 4406	3
Motor Control	
General Education Requirement (Upper-Division 2/5)	3
General Education Requirement (Upper-Division 3)	3
Free Elective ³	2
Units	14

Fourth Year

Term 1	
KINE 4403	4
Biomechanics	
KINE 4404	4
Clinical Exercise Physiology	
KINE 4412	3
Physical Activity and Public Health	
Concentration Elective	3
Free Elective ³	2
Units	16

Term 2		
KINE 3330	Group Exercise and Personal Training	2
KINE 4451	Nutrition for Fitness and Sport	4
KINE 4460	Senior Project - Experiential	2
or KINE 4461	or Senior Project - Report	
or KINE 4462	or Senior Project - Research	
or KINE 4463	or Senior Project - Internship	
Concentration Elective		3
General Education Requirement (Upper-Division 4)		3
Units		14
Total Units		120

- ¹ Required in Major or Support; also satisfies General Education (GE) requirement.
- ² KINE 3325 is required in the Sport Science concentration. A course taken to fulfill a major course requirement cannot be double-counted in the concentration.
- ³ If a General Education (GE) course is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

Health Promotion

Health Promotion Concentration - BS in Kinesiology

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First Year

Term 1	Units
HLTH 1155 or HLTH 1160	3
Multicultural Perspectives and Health (4B) ¹ or Women's Health and Society	
KINE 1180	1
Introduction to Kinesiology	
BIO 1151	4
Life: Molecules and Cells (5B & 5C) ¹	
CHEM 1120	4
Fundamentals of Chemical Structure and Properties (5A) ¹	
MATH 1007 or MATH 1261	3-4
Precalculus (2) ¹ or Calculus I	
Units	15

Term 2	
PHYS 1121	4
College Physics I	
STAT 1110	3
Applied Statistical Concepts and Methods	
General Education Requirement (1A)	3
General Education Requirement (1C)	3
Free Elective ³	2
Units	15

Second Year

Term 1	
KINE 2266	3
Sport and Performance Psychology	
KINE 3312	3
Motor Learning	
BIO 2231	4
Human Anatomy and Physiology I	
General Education Requirement (1B)	3
General Education Requirement (3A)	3
Units	16

Term 2	
BIO 2232	4
Human Anatomy and Physiology II	
KINE 3307	3
Adapted Physical Activity	
General Education Requirement (3B)	3
General Education Requirement (4A)	3
Free Elective ³	3
Units	16

Third Year

Term 1	
KINE 3303	4
Physiology of Exercise	
KINE 3319	4
Introduction to Research Methods in Kinesiology	
KINE 3323 or KINE 3324 or KINE 3325	3
Sport and Gender ² or Sports, Media, and United States Popular Culture or Sport and Physical Activity Throughout Civilizations	
General Education Requirement (6)	3
Units	14

Term 2	
HLTH 2261	3
Social Determinants of Health	
Concentration Elective	4
General Education Requirement (Upper-Division 2/5)	3
General Education Requirement (Upper-Division 3)	3
Free Elective ³	2
Units	15

Fourth Year

Term 1	
KINE 4401	3
Leadership in Health and Physical Activity Programs	
KINE 4403	4
Biomechanics	
KINE 4412	3
Physical Activity and Public Health	
HLTH 4434	4
Health Promotion Program Planning	
Free Elective ³	2
Units	16

Term 2		
KINE 4451	Nutrition for Fitness and Sport	4
KINE 4460	Senior Project - Experiential	2
or KINE 4461	or Senior Project - Report	
or KINE 4462	or Senior Project - Research	
or KINE 4463	or Senior Project - Internship	
Concentration Elective		4
General Education Requirement (Upper-Division 4)		3
	Units	13
	Total Units	120

¹ Required in Major or Support; also satisfies General Education (GE) requirement.

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³ If a General Education (GE) course is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

Sport Science

Sport Science Concentration - BS in Kinesiology

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Courses may be completed in a different order, provided requisite requirements are satisfied.*

First Year

Term 1	Units
HLTH 1155 or HLTH 1160	3
Multicultural Perspectives and Health (4B) ¹ or Women's Health and Society	
KINE 1180	1
Introduction to Kinesiology	
BIO 1151	4
Life: Molecules and Cells (5B & 5C) ¹	
CHEM 1120	4
Fundamentals of Chemical Structure and Properties (5A) ¹	
MATH 1007 or MATH 1261	3-4
Precalculus (2) ¹ or Calculus I	
Units	15

Term 2	
PHYS 1121	4
College Physics I	
STAT 1110	3
Applied Statistical Concepts and Methods	
General Education Requirement (1A)	3
General Education Requirement (1C)	3
Free Elective ³	2
Units	15

Second Year

Term 1	
KINE 2266	3
Sport and Performance Psychology	
KINE 3312	3
Motor Learning	
BIO 2231	4
Human Anatomy and Physiology I	
General Education Requirement (1B)	3
General Education Requirement (3A)	3
Units	16

Term 2	
KINE 3307	3
Adapted Physical Activity	
BIO 2232	4
Human Anatomy and Physiology II	
General Education Requirement (3B)	3
General Education Requirement (4A)	3
Free Elective ³	3
Units	16

Third Year

Term 1	
KINE 3303	4
Physiology of Exercise	
KINE 3319	4
Introduction to Research Methods in Kinesiology	
Concentration Elective	3
General Education Requirement (6)	3
Free Elective ³	2
Units	16

Term 2	
KINE 3323 or KINE 3324 or KINE 3325	3
Sport and Gender ² or Sports, Media, and United States Popular Culture or Sport and Physical Activity Throughout Civilizations	
KINE 3330	2
Group Exercise and Personal Training	
KINE 3366	3
Applied Sport and Performance Psychology	
General Education Requirement (Upper-Division 2/5)	3
General Education Requirement (Upper-Division 3)	3
Units	14

Fourth Year

Term 1	
KINE 3325	3
Sport and Physical Activity Throughout Civilizations ²	
KINE 4401	3
Leadership in Health and Physical Activity Programs	
KINE 4403	4
Biomechanics	
KINE 4412	3
Physical Activity and Public Health	
Units	13

Term 2		
KINE 4451	Nutrition for Fitness and Sport	4
KINE 4460	Senior Project - Experiential	2
or KINE 4461	or Senior Project - Report	
or KINE 4462	or Senior Project - Research	
or KINE 4463	or Senior Project - Internship	
Concentration Elective		3
General Education Requirement (Upper-Division 4)		3
Free Elective ²		3
	Units	15
	Total Units	120

¹ Required in Major or Support; also satisfies General Education (GE) requirement.

² KINE 3325 required in the Sport Science concentration. A course taken to fulfill a major course requirement cannot be double-counted in the concentration.

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