REQUIRED CORE COURSES IN MAJOR

_ 1 KIN 201 Professions in Kinesiology & Health Promotion
_ 3 KIN 209 Critical Perspectives in Kinesiology
_ 3 KIN 303 Physiology of Exercise (ZOO 235/235L)
_ 1 KIN 303L Physiology of Exercise Lab (ZOO 235/235L)
_ 3 KIN 304 Intro. to Biomechanical (STA 120, ZOO 234/L)
_ 1 KIN 304L Intro. to Biomechanical Lab (STA 120, ZOO 234/L)
_ 3 KIN 312 Life Span Motor Development
_ 1 KIN 312A Life Span Motor Development Act
_ 3 KIN 425 Intro. to Biomechanical (STA 120)
_ 1 KIN 425A Intro. to Biomechanical Lab (STA 120)

REQUIRED SUBPLAN/OPTION COURSES

_ 4 BIO 235 Human Physiology (BIO 115/115L)
_ 4 BIO 303 Genetics (BIO 115/L/A)
_ 4 FN 235 Nutrition (CHM 121/L)
_ 4 KIN 400 Senior Project (in place of 461 & 462)
_ 3 KIN 403 Physiology of Exercise II (KIN 303/303L)
_ 1 KIN 403L Physiology of Exercise II Lab (KIN 303/303L)
_ 3 KIN 412 Movement Anatomy and Kinesiology (KIN 304/304L)
_ 1 KIN 412L Movement Anatomy and Kinesiology Lab (KIN 304/304L)
_ 3 KIN 430 Motor Learning and Human Performance (STA 120; KIN 303/303L)
_ 1 KIN 430L Motor Learning and Human Performance Lab (STA 120; KIN 303/303L)
_ 3 KIN 453 Principles of Exercise Pres. & Programs (KIN 303/303L)
_ 4 KIN 455 Sports Medicine (KIN 303/303L)
_ 3 KIN 456 Ex Metabolism & Weight Control (KIN 303/303L; FN 235 or FN 305)
_ 2 KIN 458 Exercise Physiology Fieldwork (KIN 303/L)
_ 1 KIN 458L Exercise Physiology Fieldwork Lab (KIN 303/L)
_ 3 KIN 470 Electrocardiography in Exercise & Disease
_ 1 KIN 470L Electrocardiography in Exercise & Disease Lab
_ 3 PHY 121 College Physics (MATH 106)
_ 1 PHY 121L College Physics Lab (MATH 106)
_ 3 ZOO 234 Human Anatomy (BIO 115/115L)
_ 2 ZOO 234L Human Anatomy Lab (BIO 115/115L)

ELECTIVE SUPPORT COURSES (SELECT 36 UNITS FROM THE FOLLOWING):

_ 3 BIO 211 Biometrics (BIO 115/115L)
_ 1 BIO 211L Biometrics Lab (BIO 115/115L)
_ 4 BIO 310 Cell, Molecular, & Development Biology (BO 303; CHM 201/205L)
_ 3 CHM 122 General Chemistry (CHM 121/121L)
_ 1 CHM 122L General Chemistry Laboratory (CHM 121/121L)
_ 3 CHM 123 General Chemistry (CHM 122/122L)
_ 1 CHM 123L General Chemistry Laboratory (CHM 122/122L)
_ 3 CHM 201 Elements of Organic Chemistry (CHM 122/L)
_ 1 CHM 250L Elements of Organic Chemistry Lab (CHM 122/L)
_ 3 CHM 314 Organic Chemistry (CHM 123/123L)
_ 1 CHM 317L Organic Chemistry (CHM 123/123L)
_ 3 CHM 315 Organic Chemistry (CHM 314/317L)
_ 1 CHM 318L Organic Chemistry (CHM 314/317L)
_ 3 CHM 316 Organic Chemistry (CHM 315/318L)
_ 1 CHM 319L Organic Chemistry (CHM 315/318L)
_ 3 CHM 321 Elements of Biochemistry (CHM 201/250L or CHM 315/318L)
_ 1 CHM 321L Elements of Biochemistry Lab (CHM 201/250L or CHM 315/318L)
_ 4 KIN 206S/SA Introduction to Adapted Physical Education
_ 4 KIN 207 Personal Health
_ 4 KIN 363 Psychological Aspects of Physical Activity & Sport
_ 4 KIN 365 Science of Physical Aging
_ 4 KIN 370 Stress Management for Healthy Living
_ 4 KIN 408 Drug Education
_ 3 KIN 459 Health/fitness Instructor (KIN 303/L)
_ 4 MAT 106 Trigonometry
_ 3 MIC 201 Basic Microbiology (BIO 110 or BIO 115/115L; CHM 103/103L or CHM 121/121L)
_ 1 MIC 201L Basic Microbiology Lab (BIO 110 or BIO 115/115L; CHM 103/103L or CHM 121/121L)
_ 4 MIC 330 General Epidemiology (MIC 201/L; STATS 120)
_ 3 MIC 444 Hematology (BO 121/L; BO 122/L; BIO 123/L)
_ 1 MIC 444L Hematology Lab (BO 121/L; BO 122/L; BIO 123/L)
_ 3 Phy 122 College Physics (PHY 121/121L)
_ 1 Phy 122L College Physics Laboratory (PHY 121/121L)
_ 3 Phy 123 College Physics (PHY 122/122L)
_ 1 Phy 123L College Physics Laboratory (PHY 122/122L)
_ 4 Psy 314 Human Relations (PSY 201 or PSY 202)
_ 4 Psy 415 Abnormal Psychology (PSY 201 or 202)
_ 4 Psy 417 Basic Counseling (PSY 201 or PSY 202)

Prerequisite courses are shown in parentheses

SEE BACK OF PAGE FOR GENERAL EDUCATION REQUIREMENTS
GENERAL EDUCATION REQUIREMENTS

Area A  Communication and Critical Thinking-12 units

(1)  4 Oral Communication
(2)  4 ENG 104 Written Communication
(3)  4 Critical Thinking

Area B  Math and Natural Sciences-17 units
(Select one lab course from sub-area 2)

(1)  4 CHM 121/L Physical Science
(2)  3 BIO 115 Basic Biology
(3)  2 BIO 115L Basic Biology Lab
(4)  4 STA 120 Statistics with Applications
(5)  4 KIN 301 Science and Technology Synthesis

Area C  Humanities-16 units
One course from each area

(1)  4 Fine/Performing Arts
(2)  4 Philosophy and Civilization
(3)  4 Literature and Foreign Language
(4)  4 Humanities Synthesis

Area D  Social Sciences-20 units
Two courses in sub-area 1, and at least one course from each of sub-areas 2, 3, and 4.

(1a)  4 PLS 201 U.S. History, Constitution, American Ideals
(1b)  4 HST 202 U.S. History, Constitution, American Ideals
(2)  4 History, Economics, and Political Science
(3)  4 Sociology, Anthropology, Ethnic, and Gender Studies
(4)  4 Social Science Synthesis

Area E  Lifelong Understanding and Self-Development- 4 units

4 Lifelong Understanding and Self-Development

SUMMARY

Common Core  20  
Exercise Science Option  55  
Select  36  
General Education  69  
TOTAL  180  

12/12/16