Bachelor of Science Degree-Exercise Science (complete Areas A and B then select one of the two options)
Health Fitness/ Strength & Conditioning Specialist Concentration OR *Clinical Exercise & Rehabilitation Specialist Concentration* (see Area C below)

Area	Course # (click on course and hit enter)	Course Name	Unit	Semester	Substitution /Transfer	Completed
A. Pre-Major Required Courses (17 Units)[1,2]	BIO 10	Basic Biological Concepts	3			
	BIO 22	Introductory Human Anatomy	4			
	CHEM 6A OR CHEM 1A	Intro to General **OR** General Chemistry	5			
	CHEM 6B OR CHEM 1B	Intro to Organic and Biological Chemistry **OR** General Chemistry	5			
B. Required Upper Division (30 Units) [1]	BIO 131	Systemic Physiology	4			
	KINS 151	Kinesiology	3			
	KINS 151A	Biomechanics	3			
	KINS 152	Physiology of Exercise	3			
	KINS 152a	Fundamentals of Exercise Programs	3			
	KINS 152s	Energy Production & Sports Performance	3			
	KINS 144	Analysis of Weight Training	2			
	KINS 153	Cardiovascular Testing and Exercise Prescription	3			
	KINS 156	Care of Athletic Injuries	3			
	KINS 158	Motor Learning	3			
C. Health Fitness/ Strength & Conditioning Specialist Concentration (minimal 13 units) [1]	**In prior consultation with an exercise science advisor, a minimal of 13 units from the recommended list of courses below are required** in addition to the core courses above (see Section A and B).					
	NUFD 10	Nutrition & Wellness	3			
	NUFD 113	Nutrition and Metabolism	3			
	KINS 120	Scientific Basis of Physical Conditioning	3			
	KINS 122B	Cardiopulmonary Resuscitation	1			
	KINS 132	Planning, Designing, and Managing a Fitness Center	3			
	KINS 136	Sport & Aging	3			
	KINS 151B	Biomechanics II	3			
	KINS 152B	Exercise Physiology of Women	2			
	KINS 152C	Prolonged Exercise	2			
	KINS 152D	Blood Lactate & Exercise	2			
	KINS 160	Sports & Exercise Psychology	3			
	PHYS 5A	General Physics: Mechanics, Heat, Sound	4			
	STAT 1	Introduction to Statistics	3			
C. Clinical Exercise & Rehabilitation Specialist Concentration (minimal of 13 units) [1]	**In prior consultation with an exercise science advisor, a minimal of 13 units from the recommended list of courses below are required** in addition to the core courses above (see Section A and B).					
	BIO 39	Microbiology for Allied Health Students	4			
	BIO 106	Genetics: From Mendel to Molecules	3			
	Bio 122	Advanced Human Anatomy	4			
	Bio 123	Neuroanatomy	3			
	BIO 130	Histology	4			
	Bio 132	Neurophysiology	3			
	BIO 133	Cardiovascular, Respiratory & Renal Physiology	3			
	CHEM 20	Organic Chemistry Lecture—Brief Course	3			
	CHEM 161	General Biochemistry	3			
	NUFD 10	Nutrition & Wellness	3			
	NUFD 113	Nutrition and Metabolism	3			
	KINS 122B	Cardiopulmonary Resuscitation	1			
	KINS 151B	Biomechanics II	3			
	KINS 153C	Cardiac Rehabilitation & Exercise Electrocardiography	3			
	KINS 154A	Principles & Techniques in a Clinical Setting	3			
	NURS 14	Pharmacology	2			
	PHYS 5A	General Physics: Mechanics, Heat, Sound	4			
	PHYS 5B	General Physics: Light, Electricity and Magnetism	4			
	PSYC 150	Psychological Aspects of Aging	3			
	PSYC 168	Abnormal Psychology	3			
	STAT 1	Introduction to Statistics	3			

[1]All courses counted for the Exercise Science Major must be completed with a "C-" or better. [2]Only first & second attempts will be considered & Overall 2.0 GPA required.

PHYISIOLOGY SERIES (click on course below and hit enter)	ANATOMY/KINESIOLOGY SERIES	Additional Notes: In prior consultation with an exercise science advisor, a minimum of 13 units from the list of recommended courses for the Health Fitness Strength Conditioning Specialist or Clinical Exercise and Rehabilitation Specialist
BIO 10 & CHEM 1A or CHEM 6A ↓ BIO 22 & CHEM 1B or CHEM 6B ↓ BIO 131 → KINS 158 ↓ KINS 152 → KINS 152a ↓ KINS 153 & KINS 152s & KINS 153C	BIO 10 ↓ BIO 22 ↓ KINS 151 ↓ KINS 151A	