

KINESIOLOGY (EXERCISE SCIENCE) FOUR ♦ YEAR PLAN

Minimum total units required for B.S. Degree: 120 ▪ (60 units required for Major including prerequisites).
This form is to be used in partnership with your advisors - seek assistance each semester to stay on track & graduate!

YEAR 1			
SEMESTER 1		SEMESTER 2	
A1: ORAL COMMUNICATION	3 UNITS	A3: CRITICAL THINKING	3 UNITS
A2: WRITTEN COMMUNICATION	3 UNITS	B4: MATH. CONCEPTS	3 UNITS
B2: BIO 10 Basic Biological Concepts	3 UNITS	C2: HUMANITIES	3 UNITS
C1: ARTS	3 UNITS	D: US. HISTORY	3 UNITS
E: UND. PERSONAL DEVELOPMENT	3 UNITS	BIO 22 Intro. Human Anatomy	4 UNITS
15 UNITS		16 UNITS	
YEAR 2			
SEMESTER 1		SEMESTER 2	
B1/B3: CHEM 6A/1A[^]	5 UNITS	CHEM 6B/1B	5 UNITS
KINS 156 Care of Athletic Injuries	3 UNITS	KINS 151 Kinesiology	3 UNITS
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	C: ARTS/HUMANITIES	3 UNITS
D: US. CONST/CA GOVT	3 UNITS	D: THE INDIVIDUAL & SOCIETY	3 UNITS
ELECTIVE	1 UNITS	ELECTIVE	1 UNITS
15 UNITS		15 UNITS	
SUBMIT DELCARATION OF MAJOR ONCE ALL PREREQUISITES ARE COMPLETED			
YEAR 3			
SEMESTER 1		SEMESTER 2	
BIO 131 Systemic Physiology	4 UNITS	KINS 144 Analysis of Weight Train.	2 UNITS
KINS 151A Biomechanics	3 UNITS	KINS 158 Motor Learning	3 UNITS
KINS ELECTIVE OPTION	3 UNITS	B5: FURTHER STUDIES (UD)	3 UNITS
C: ARTS/HUMANITIES (UD)	3 UNITS	ELECTIVE	3 UNITS
ELECTIVES	2 UNITS	ELECTIVES	3 UNITS
15 UNITS		14 UNITS	
YEAR 4			
SEMESTER 1		SEMESTER 2	
KINS 152 Physiology of Exercise	3 UNITS	KINS 152A Fund. Of Exercise Programs	3 UNITS
KINS ELECTIVE OPTION	3 UNITS	KINS 152S Energy Prod. & Sports Per.	3 UNITS
KINS ELECTIVE OPTION	3 UNITS	KINS 153 Cardio. Test. & Exer. Pres.	3 UNITS
D: THE INDIVIDUAL & SOCIETY (UD)	3 UNITS	KINS ELECTIVE OPTION	3 UNITS
ELECTIVES	3 UNITS	ELECTIVES	3 UNITS
15 UNITS		15 UNITS	
TOTAL = 120			

NOTES:

- Prerequisites
- Electives to meet 120 unit minimum

Prerequisites: All pre-major courses (**BIO 10, BIO 22, CHEM 1A/6A, CHEM 1B/6B**) must be completed with a C- or better. **Only first and second attempts will be considered.** Overall GPA 2.0 required.

[^] Course recommended to be taken during your **first year/first semester**. Please keep in mind - if you complete the **CHEM 1A series**, you will be required to complete the **ALEKs** and the **CHEM Diagnostic exam prior to enrolling**.

* Writing Intensive (**MUST** Complete WPJ or substitute ENGL 109W/M for elective before enrolling)

FL Foreign Language (FL) requirement waived **only** for students completing the Kinesiology (Exercise Science) program

Students are encouraged to consider summer and winter intercession coursework to reduce workload.