

KINESIOLOGY (PHYSICAL ACTIVITY & WELLNESS) FOUR ♦ YEAR PLAN

Minimum total units required for B.S. Degree: 120 ▪ (60 units required from major).

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 | |
|--|---------|--|---------|
| BIO 25 Human Anatomy & Physiology I [^] | 4 UNITS | BIO 26 Human Anatomy & Physiology II [^] | 4 UNITS |
| A1: ORAL COMMUNICATION | 3 UNITS | KINS 99 Exercise for Healthy Living ^{^**} | 2 UNITS |
| A2: WRITTEN COMMUNICATION | 3 UNITS | A3: CRITICAL THINKING | 3 UNITS |
| C1: ARTS | 3 UNITS | B4: MATH. CONCEPTS & QUANT REAS. | 3 UNITS |
| ELECTIVE | 1 UNIT | E: UND. PERSONAL DEVELOPMENT ^{**} | 3 UNITS |
| 14 UNITS | | 15 UNITS | |

YEAR 2

| SEMESTER 1 | | SEMESTER 2 | |
|-------------------------------|---------|--------------------|---------|
| B1/B3: PHYSICAL SCIENCE | 3 UNITS | B2: LIFE SCIENCE | 3 UNITS |
| C2: HUMANITIES | 3 UNITS | C: ARTS/HUMANITIES | 3 UNITS |
| ENGL 20 SECOND SEMESTER COMP. | 3 UNITS | D: US CONT/CA GOVT | 3 UNITS |
| D: US. HISTORY | 3 UNITS | ELECTIVES | 3 UNITS |
| ELECTIVES OR FL | 3 UNITS | ELECTIVES OR FL | 3 UNITS |
| 15 UNITS | | 15 UNITS | |

YEAR 3

| SEMESTER 1 | | SEMESTER 2 | |
|---|---------|--|---------|
| KINS 101 Intro to Kinesiology [^] | 2 UNITS | KINS 120 Scientific Basis of Physical Cond. [^] | 3 UNITS |
| KINS 132 Plan, Des, Man a Fitness Center [^] | 3 UNITS | KINS 137 Sociology of Sport [^] | 3 UNITS |
| KINS 134 History & Philosophy [^] | 3 UNITS | KINS 149 PRO ACT – Health Related Fitness [^] | 3 UNITS |
| KINS 136 Sport and Aging [^] | 3 UNITS | B5: KINS 150 Exercise & Sport Physio. [^] | 3 UNITS |
| KINS 138 Sport Pedagogy [^] | 3 UNITS | KINS 158 Motor Learning and Control [^] | 3 UNITS |
| 14 UNITS | | 15 UNITS | |

YEAR 4

| SEMESTER 1 | | SEMESTER 2 | |
|--|---------|---|---------|
| KINS 160 Sport & Exercise Psyc [^] | 3 UNITS | KINS 151D Applied Kinesiology & Bio. [^] | 3 UNITS |
| KINS 166 Ethics, Inclusion, & Eq. in Coaching [^] | 3 UNITS | KINS 194D Assigned Field Exp. in Coach [^] | 2 UNITS |
| PHYS. ACT. & WELLNESS ELECTIVE OPTION [^] | 3 UNITS | PHYS. ACT. & WELLNESS ELECTIVE OPTION [^] | 3 UNITS |
| PHYS. ACT. & WELLNESS ELECTIVE OPTION [^] | 3 UNITS | PHYS. ACT. & WELLNESS ELECTIVE OPTION [^] | 3 UNITS |
| PHYS. ACT. & WELLNESS ELECTIVE OPTION [^] | 3 UNITS | C: ARTS/HUMANITIES (UD) | 3 UNITS |
| | | D: THE INDIVIDUAL & SOCIETY (UD) | 3 UNITS |
| 15 UNITS | | 17 UNITS | |

TOTAL = 120

NOTES:

 Electives to meet 120 unit minimum

[^] All courses applied to the major must be completed with a minimum “C” grade.

* Writing Intensive (**MUST** Complete WPJ or substitute ENGL 109W/M for elective before enrolling) you may overlap with your upper division AREAs C or D.

+ Race & Ethnicity: you may overlap with AREAs in General Education.

FL Foreign Language (FL) requirement

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