

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
KINS 101 Intro to Kinesiology [^]	2 UNITS	KINS 99 Exercise for Healthy Living ^{^**}	2 UNITS
A1: ORAL COMMUNICATION	3 UNITS	A3: CRITICAL THINKING	3 UNITS
A2: WRITTEN COMMUNICATION	3 UNITS	B4: MATH. CONCEPTS & QUANT REAS.	3 UNITS
C1: ARTS	3 UNITS	E: UND. PERSONAL DEVELOPMENT ^{**}	3 UNITS
15 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 132 Plan, Des, Man a Fitness Center [^]	3 UNITS	KINS 120 Scientific Basis of Physical Cond. [^]	3 UNITS
KINS 134 History & Philosophy [^]	3 UNITS	KINS 137 Sociology of Sport [^]	3 UNITS
KINS 136 Sport and Aging [^]	3 UNITS	KINS 149 PRO ACT – Health Related Fitness [^]	3 UNITS
KINS 138 Sport Pedagogy [^]	3 UNITS	B5: KINS 150 Exercise & Sport Physio. [^]	3 UNITS
KINS 158 Motor Learning and Control [^]	3 UNITS	PHYS. ACT. & WELLNESS ELECTIVE OPTION [^]	3 UNITS
15 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 [^]	4 UNITS
D: THE INDIVIDUAL & SOCIETY (UD)	3 UNITS	C: ARTS/HUMANITIES (UD)	3 UNITS
15 UNITS		15 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.