

EXERCISE SCIENCE

(HEALTH FIT/STREN & CLINICAL EXER. & REHABILITATION)

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 advisor - Grade of C - or better required in all courses applied to major

YEAR 1			
SEMESTER 1		SEMESTER 2	
AREA 1A: WRITTEN COMMUNICATION	3 UNITS	BIO 22 Intro. Human Anatomy	4 UNITS
AREA 1B: CRITICAL THINKING	3 UNITS	AREA 1C: ORAL COMMUNICATION	3 UNITS
AREA 5B: BIO 10 Basic BIO Concepts°	3 UNITS	AREA 2: MATH CON. & QUANT REASON.	3 UNITS
AREA 4: SOCIAL & BEHAV. SCIENCE (LD)^	3 UNITS	AREA 6: ETHNIC STUDIES	3 UNITS
ELECTIVE ◇	3 UNITS	ELECTIVE ◇	3 UNITS
15 UNITS		16 UNITS	
YEAR 2			
SEMESTER 1		SEMESTER 2	
AREA 5A/5C: CHEM 6A/1A Chemistry	5 UNITS	CHEM 6B/1B Chemistry	5 UNITS
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	AREA 4: SOCIAL & BEHAV. SCIENCE (LD)^	3 UNITS
AREA 3A: ARTS	3 UNITS	U.S. CONSTITUTION/ CA GOVT	3 UNITS
AREA 3B: HUMANITIES	3 UNITS	ELECTIVE ◇	3 UNITS
14 UNITS		14 UNITS	
REGISTER IN UPPER DIVISION MAJOR REQUIREMENTS			
YEAR 3			
SEMESTER 1		SEMESTER 2	
BIO 131 Systemic Physiology	4 UNITS	KINS 151A Biomechanics	3 UNITS
KINS 144 Analysis of Weight Train.	2 UNITS	KINS 152 Physiology of Exercise	3 UNITS
KINS 151 Kinesiology	3 UNITS	KINS 156 Care of Athletic Injuries	3 UNITS
ES ELECTIVE OPTION	3 UNITS	ES ELECTIVE OPTION	3 UNITS
AREA 3A/3B: ARTS/HUMANITIES (UD)	3 UNITS	AREA 2/5: MATH or SCIENCE (UD)	3 UNITS
15 UNITS		15 UNITS	
YEAR 4			
SEMESTER 1		SEMESTER 2	
KINS 158 Motor Learning & Control	3 UNITS	KINS 152A Fundamentals of Exer. Prog.	3 UNITS
ES ELECTIVE OPTION	3 UNITS	KINS 152S Energy Prod. & Sport Perf.	3 UNITS
ES ELECTIVE OPTION	3 UNITS	KINS 153 Cardio. Test. & Exer. Pres.	3 UNITS
AREA 4: SOCIAL & BEHAVIORAL SCI(UD)*	3 UNITS	ES ELECTIVE OPTION	1 UNITS
ELECTIVE ◇	3 UNITS	ELECTIVE ◇	6 UNITS
15 UNITS		16 UNITS	
TOTAL = 120			
<div style="border: 1px solid black; width: 20px; height: 10px; display: inline-block; margin-right: 5px;"></div> Lower Division major requirements		<div style="border: 1px solid black; width: 20px; height: 10px; display: inline-block; margin-right: 5px; background-color: #fff9c4;"></div> Electives to meet 120 unit minimum	
LD Lower Division		UD Upper Division	

NOTES:

^ **Race and Ethnicity** may overlap with the US History requirement

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

° May be satisfied through High School AP examination credit (NOTE: BIO 10 - score of 4 or higher required).

> Students are encouraged to consider summer and winter intersession coursework to reduce semester workload.

◇ Please consult with **Advisor** regarding options to fulfill ELECTIVE units.