

KINESIOLOGY (ATHLETIC CARE)

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 | |
|-----------------------------------|---------|--|---------|
| A1: ORAL COMMUNICATION | 3 UNITS | BIO 25 Human Anatomy & Physiology I [^] | 4 UNITS |
| A2: WRITTEN COMMUNICATION (ENG 5) | 3 UNITS | A3: CRITICAL THINKING | 3 UNITS |
| B2: LIFE FORMS | 3 UNITS | B4: MATH. CONCEPTS & QUANT REAS. | 3 UNITS |
| +D: THE INDIVIDUAL & SOCIETY (LD) | 3 UNITS | +D: THE INDIVIDUAL & SOCIETY (LD) | 3 UNITS |
| F: ETHNIC STUDIES | 3 UNITS | E: UNDERSTAND. PERSONAL DEV | 3 UNITS |
| 15 UNITS | | 16 UNITS | |

YEAR 2

| SEMESTER 1 | | SEMESTER 2 | |
|---|---------|---|---------|
| BIO 26 Human Anatomy & Physiology II [^] | 4 UNITS | B1/B3: PHYS 5A Gen. Phys, Mech., Heat, Sds [^] | 4 UNITS |
| KINS 101 Research & Practice [^] | 2 UNITS | KINS 138 Teaching Strat. in PE [^] | 3 UNITS |
| C1: ARTS (LD) | 3 UNITS | KINS 156 Care of Athletic Injuries [^] | 3 UNITS |
| C: ARTS/HUMANITIES (LD) | 3 UNITS | ELECTIVE/FL SEM 1 | 3 UNITS |
| ENGL 20 SECOND SEMESTER COMP. | 3 UNITS | ELECTIVES | 3 UNITS |
| 15 UNITS | | 16 UNITS | |

YEAR 3

| SEMESTER 1 | | SEMESTER 2 | |
|---|---------|---|---------|
| CHEM 6A/1A Chemistry [^] | 5 UNITS | KINS 134 History & Philosophy [^] | 3 UNITS |
| KINS 151D Applied Kinesiology & Bio. [^] | 3 UNITS | KINS 137 Sociology of Sport [^] | 3 UNITS |
| C2: HUMANITIES/FL SEM. 2 (LD) | 3 UNITS | B5: KINS 150 Exercise & Sport Physio. [^] | 3 UNITS |
| +D: THE INDIVIDUAL & SOCIETY (UD)* | 3 UNITS | KINS 155A Clin. Eval. Of Upper Extremity [^] | 2 UNITS |
| ELECTIVE | 1 UNIT | ELECTIVES | 4 UNITS |
| 15 UNITS | | 15 UNITS | |

YEAR 4

| SEMESTER 1 | | SEMESTER 2 | |
|---|---------|---|---------|
| KINS 155B Clin. Eval. of Lower Extremity [^] | 2 UNITS | KINS 157 Therapeutic Exercise [^] | 3 UNITS |
| KINS 158 Motor Learning and Control [^] | 3 UNITS | KINS 160 Sport & Exercise Psychology [^] | 3 UNITS |
| C: ARTS/HUMANITIES (UD)* | 3 UNITS | KINS 194A Assigned Field Exp. in Kinesiology [^] | 2 UNITS |
| ELECTIVE | 3 UNITS | ELECTIVE | 3 UNITS |
| ELECTIVE | 3 UNITS | ELECTIVE | 3 UNITS |
| 14 UNITS | | 14 UNITS | |

TOTAL = 120

NOTES:

- Lower Division major requirements
- Electives to meet 120 unit minimum

- [^] All courses applied to the major must be completed with a minimum "C" grade.
- ⁺ **Race and Ethnicity** (May overlap with US History graduation requirement (HIST 17A, 17B, ANTH 101, HIST 177).
- ^{*} **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.
- LD** Lower Division
- UD** Upper Division
- FL** Foreign Language (FL) requirement
- [°] Students are encouraged to consider summer and winter intersession coursework to reduce workload.