

# EXERCISE SCIENCE (Health Fit/Strength & Clinical Exer. & Rehab.)

## 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	
A2: WRITTEN COMMUNICATION	3 UNITS	A1: ORAL COMMUNICATION	3 UNITS
A3: CRITICAL THINKING	3 UNITS	B4: MATH. CONCEPTS	3 UNITS
B2: <b>BIO 10</b> Basic Biological Concepts	3 UNITS	+D: THE INDIVIDUAL & SOCIETY (LD)	3 UNITS
+D: THE INDIVIDUAL & SOCIETY (LD)	3 UNITS	F: ETHNIC STUDIES	3 UNITS
E: UND. PERSONAL DEVELOPMENT	3 UNITS	BIO 22 Intro. Human Anatomy	4 UNITS
<b>15 UNITS</b>		<b>16 UNITS</b>	

### YEAR 2

SEMESTER 1		SEMESTER 2	
B1/B3: <b>CHEM 6A/1A</b> <sup>^</sup> Chemistry	5 UNITS	CHEM 6B/1B Chemistry	5 UNITS
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	C: ARTS/HUMANITIES (LD)	3 UNITS
C1: ARTS (LD)	3 UNITS	+D: THE INDIVIDUAL & SOCIETY (LD)	3 UNITS
C2: HUMANITIES (LD)	3 UNITS	ELECTIVES	3 UNITS
		ELECTIVE	1 UNITS
<b>14 UNITS</b>		<b>15 UNITS</b>	

**SUBMIT DELCARATION OF MAJOR ONCE ALL PREREQUISITES ARE COMPLETED**

### YEAR 3

SEMESTER 1		SEMESTER 2	
<b>BIO 131</b> Systemic Physiology	4 UNITS	<b>KINS 151A</b> Biomechanics	3 UNITS
<b>KINS 144</b> Analysis of Weight Train.	2 UNITS	<b>KINS 152</b> Physiology of Exercise	3 UNITS
<b>KINS 151</b> Kinesiology	3 UNITS	<b>KINS 156</b> Care of Athletic Injuries	3 UNITS
<b>KINS</b> ELECTIVE OPTION	3 UNITS	<b>KINS</b> ELECTIVE OPTION	3 UNITS
C: ARTS/HUMANITIES (UD)*	3 UNITS	B5: FURTHER STUDIES (UD)	3 UNITS
<b>15 UNITS</b>		<b>15 UNITS</b>	

### YEAR 4

SEMESTER 1		SEMESTER 2	
<b>KINS 158</b> Motor Learning	3 UNITS	<b>KINS 152A</b> Fund. Of Exercise Programs	3 UNITS
<b>KINS</b> ELECTIVE OPTION	3 UNITS	<b>KINS 152S</b> Energy Prod. & Sports Per.	3 UNITS
<b>KINS</b> ELECTIVE OPTION	3 UNITS	<b>KINS 153</b> Cardio. Test. & Exer. Pres.	3 UNITS
+D: THE INDIVIDUAL & SOCIETY (UD)*	3 UNITS	<b>KINS</b> ELECTIVE OPTION	1 UNITS
ELECTIVES	3 UNITS	ELECTIVES	5 UNITS
<b>15 UNITS</b>		<b>15 UNITS</b>	

**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.

<sup>^</sup> 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)

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

**LD** Upper Division

**UD** Upper Division

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

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