

# KINESIOLOGY (PHYSICAL ACTIVITY AND 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 advisor - Grade of C or better required in all courses applied to major

YEAR 1			
SEMESTER 1		SEMESTER 2	
AREA 1C: ORAL COMMUNICATION	3 UNITS	BIO 25 Human Anatomy & Physiology I^	4 UNITS
AREA 1A: WRITTEN COMMUNICATION	3 UNITS	KINS 99 Exercise for Healthy Living^	2 UNITS
AREA 5B: BIOLOGICAL SCIENCE	3 UNITS	AREA 1B: CRITICAL THINKING	3 UNITS
AREA 6: ETHNIC STUDIES	3 UNITS	AREA 2: MATH CON. & QUANT REASON.	3 UNITS
ELECTIVE ◇	3 UNITS	AREA 4: SOCIAL & BEHAV. SCIENCE (LD)^^	3 UNITS
15 UNITS		15 UNITS	
YEAR 2			
SEMESTER 1		SEMESTER 2	
BIO 26 Human Anatomy & Physiology II^	4 UNITS	KINS 138 Sport Pedagogy^	3 UNITS
KINS 101 Research & Practice^	2 UNITS	AREA 4: SOCIAL & BEHAV. SCIENCE (LD)^^	3 UNITS
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	AREA 5A: PHYSICAL SCIENCE	3 UNITS
AREA 3A: ARTS	3 UNITS	ELECTIVE/FL SEM 1◇	3 UNITS
U.S. CONSTITUTION/ CA GOVT	3 UNITS	ELECTIVE ◇/KINS ACTIVITY COURSE	3 UNITS
15 UNITS		15 UNITS	
REGISTER IN UPPER DIVISION MAJOR REQUIREMENTS			
YEAR 3			
SEMESTER 1		SEMESTER 2	
KINS 132 Plan, Design, & Man. a Fit Ctr ^	3 UNITS	KINS 137 Sociology of Sport^	3 UNITS
KINS 134 Hist & Phil of PE & Sport^	3 UNITS	KINS 149 PRO ACT - Health Related Fit.^	3 UNITS
AREA 5B/C: KINS 150 Exer&Sport Physio^	3 UNITS	KINS 151D Applied KINS & Bio^	3 UNITS
PHYS.ACT. & WELLNESS ELECT OPTION^	3 UNITS	PHYS.ACT. & WELLNESS ELECT OPTION^	2 UNITS
AREA 3B: HUMANITIES/FL SEM 2	4 UNITS	ELECTIVE◇	4 UNITS
16 UNITS		15 UNITS	
YEAR 4			
SEMESTER 1		SEMESTER 2	
KINS 120 Scientific Basis of Physical Con^	2 UNITS	KINS 158 Motor Learning & Control^	3 UNITS
KINS 136 Sport and Aging^	3 UNITS	KINS 194A Assigned Field Exp in KINS^	3 UNITS
KINS 160 Sport and Exercise Psyc^	3 UNITS	PHYS.ACT. & WELLNESS ELECT OPTION^	2 UNITS
PHYS.ACT. & WELLNESS ELECT OPTION^	3 UNITS	AREA 4: SOCIAL & BEHAVIORAL SCI(UD)*	3 UNITS
AREA 3A/3B: ARTS/HUMANITIES (UD)	3 UNITS	ELECTIVE ◇	3 UNITS
15 UNITS		14 UNITS	
TOTAL = 120			



Lower Division major requirements



Electives to meet 120 unit minimum

LD Lower Division

UD Upper Division

### NOTES:

<sup>^</sup> All courses applied to the major must be completed with a minimum "C" grade.

<sup>^^</sup> **Race and Ethnicity** may overlap with the US History requirement

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

FL Foreign Language Requirement

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

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