Kinesiology: Exercise Science 4-Year Pathway 2023-2024

KIN 421L (alt options: KIN 303, KIN 305, KIN 375) Course for minor, grad school, or elective Spring Senior Courses (14 units total) KIN 440 Course for minor, grad school, or elective KIN 499 or 469 Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Sexercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Sexercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Sexercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Sexercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Sexercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Sexercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Sexercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Sexercise Science	Talliodidiogy: Excitoto	e Science 4-Teal Palitway		
STAT 100 (+ STAT 10 If needed) Introductory Statistics	Fall Freshman Courses (15 units total)	Course or GE Title	Units	GE/Major
KIN 161 or 263 C1 (Arts) GE course CST 274 or NCOM 243, 265 or 585 111, 114, 249 Spring Freshmen Courses (15 units total) CHCM 100 HCM 110 HCM 110 HCM 110 HCM 110 HIttoductory Chemistry or Phys Sci GE Language course C2 GE course + WCL Requirement C2 GE course + WCL Requirement C3 C2, WCL Language course C4 GE course + WCL Requirement C5 C4 GE course + WCL Requirement C5 C	FYS 143 or 145 or 147 or 148			FYS, C2
CST 274 or HCOM 243, 265 or SBS 111, 114, 249 Spring Freshmen Gourses (15 units total) HCOM 110 Fundamentals of Speaking & Ustening HCOM 110 Fundamentals of Speaking & Ustening HCOM 120 Fundamentals of Speaking & Ustening HCOW 120 Fundamentals of Speaking HCOW 120 Fundamentals of Speaking H	STAT 100 (+ STAT 10 if needed)	Introductory Statistics	3	Major, B4
Spring Freshmen Courses (15 units total) Porting Freshmen Courses (15 units total) CHEM 109 Introductory Chemistry or Phys Sci GE Language course ENSTU 120, HCOM 120, 125, or CAD 101B Reading and Writing course Ethnic Studies (GE Area F) Course Fall Sophomore Courses (15 units total) PSY 100 or other Social Sci course Intro to Psych or any DGSS course St 2105, ED 2125, HCOM 2605, or SBS 2125 HCOM 200, HCOM 202, BiO 131 ENVS 201 or PSY 110 +110L Course for minor, grad school, or elective Spring Sophomore Courses (15 units total) Course for minor, grad school, or elective KIN 340 Personal Training KIN 350 KIN 310 Ablietts Strength & Course KIN 310 Ablietts Strength & Course KIN 310 Ablietts Strength & Course or GE Title Units Course for minor, grad school, or elective KIN 310 Major Pro-Seminar 1 Core Fall Junior Courses (16 units total) Upper-division Arts or Humanitis total) Course or GE Title Upper-division Arts or Humanitis KIN 310 Ablietts Strength & Coursies or GE Title Upper-division Arts or Humanitis Course for minor, grad school, or elective KIN 370 Major Pro-Seminar 1 Core KIN 370 and KIN 370L Ablietts Strength & Coursies or GE Title Upper-division Arts or Humanitis Upper-division Arts or Humanitis Course for minor, grad school, or elective Spring Junior Courses (14 units total) Course or GE Title Upper-division Arts or Humanitis Upper-division Arts or Humanitis Course for minor, grad school, or elective Spring Junior Courses (14 units total) Course or GE Title Upper-division Arts or Humanitis Upper-division Arts or Humanitis Course for minor, grad school, or elective Spring Junior Courses (14 units total) KIN 380	KIN 161 or 263	Health & Wellbeing or Intro Human Sexuality	3	E
Spring Freshmen Courses (15 units total)	C1 (Arts) GE course	Any C1 GE course	3	C1
HCOM 110 Fundamentals of Speaking & Ustening 3 A.1 CHEM 109 Introductory Chemistry or Phys Sci GE 3 B1 Language course C2 GE course + WCL Requirement 3 C2, WCL ENSTU 120, HCOM 120, 125, or CAD 1018 Ethnic Studies (GE Area F) course 3 A.2 Ethnic Studies (GE Area F) Course Ethnic Studies (GE Area F) course 3 A.2 Fall Sophomore Courses (15 units total) Course or GE Title Units GE/Major PSY 100 or other Social Sci course Intro to Psych or any DGSS course 3 DGSS L 210S, ED 212S, HCOM 206S, or SBS 212S Civics/Service Learning GE course 3 DGSS ENVS 201 or PSY 110+110L Into Env Sci or Human Bio & Behavior 3 B2, B3 ENVS 201 or PSY 110+110L Into Env Sci or Human Bio & Behavior 3 B2, B3 ENVS 201 or PSY 110+110L Into Env Sci or Human Bio & Behavior 3 B2, B3 Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Spring Sophomore Courses (15 units total) Course or GE Title Units GE/Major Any C1 GE course Any C1 GE course 3 C1 Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective KIN 340 Personal Training 3 Exercise Science KIN 350 Major Pro-Seminar 1 Core Fall Junior Courses (16 units total) Course or GE Title Units GE/Major KIN 370 and KIN 370L Anatomy and Physiology I and Lab 4 Core, UDB Upper-division Arts or Humanities 3 UDC Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Spring Junior Courses (14 units total) Course or GE Title Units GE/Major KIN 350 Exercise Prescript, For Special Pop. 3 Exercise Science KIN 371 and KIN 371L Anatomy and Physiology I and Lab 4 Core, UDB KIN 360 & KIN 3751 KIN 360 KIN 3751 KIN 1400 KIN 1400 Physiol & Biomech Aerobic Exercise 3 Exercise Scie	CST 274 or HCOM 243, 265 or SBS 111, 114, 249	US History GE (or US 1 course)	3	US 1
CHEM 109 Introductory Chemistry or Phys Sci GE Language course CZ GE course + WCL Requirement 3 CZ, WCL Enstru 120, HCOM 120, 125, or CAD 101B Ethnic Studies (GE Area F) Course Intro to Psysh or any DGSS course 3 DGSS SL 2105, ED 2125, HCOM 2605, or SBS 2125 Civics/Service Learning GE course 3 DCSL, US283 HCOM 200, HCOM 202, BIO 131 ENVS 201 or PSY 110 +110L Into Env Sci or Human Bio & Behavior 3 B2, B3 Course for minor, grad school, or elective Spring Sophomore Courses (15 units total) C1 (Arts) GE course Any C1 GE course Course for minor, grad school, or elective Minor or grad school prereq or elective KIN 340 Personal Training 3 Exercise Science KIN 340 Apersonal Training 3 Exercise Science KIN 355 Ethics in Physical Activity and Health KIN 355 Ethics in Physical Activity and Health 3 GWAR, Core KIN 370 and KIN 3701. Antony and Physiology I and Lab 4 Core, UDB Winor or grad school prereq or elective Spring Junior Courses (14 units total) Course for minor, grad school, or elective Minor or grad school prereq or elective KIN 390 Exercise Prescript. For Special Pop. KIN 371 and KIN 371L Anatomy and Physiology II and Lab KIN 450 Exercise Prescript. For Special Pop. KIN 360 KIN 379 KIN 360 KIN 379 KIN 360 KIN 370 Anatomy and Physiology II and Lab KIN 450 Exercise Prescript. For Special Pop. KIN 360 KIN 370 KIN 360 KIN 371 KIN 371 Anatomy and Physiology II and Lab KIN 450 Exercise Prescript. For Special Pop. KIN 360 KIN 371 KIN 360 KIN 371 KIN	Spring Freshmen Courses (15 units total)	Course or GE Title	Units	GE/Major
Language course ENSTU 120, HCDM 120, 125, or CAD 1018 Ethnic Studies (GE Area F) Course Studies (GE Area F) Course The Studies (GE Area F) Course F Cou	HCOM 110	Fundamentals of Speaking & Listening	3	A1
ENSTU 120, HCOM 120, 125, or CAD 101B Ethnic Studies (GE Area F) Course Ethnic Studies (GE Area F) Course Ethnic Studies (GE Area F) Course Fall Sophomore Courses (15 units total) PSY 100 or other Social Sci course Intro to Psych or any DGSS course SL 2105, ED 2125, HCOM 2605, or SBS 2125 CMICC/Service Learning GE course SL 2105, ED 2125, HCOM 2605, or SBS 2125 CMICC/Service Learning GE course SL 2010, FD 2125, HCOM 2605, or SBS 2125 CMICC/Service Learning GE course SL 2010, FD 2125, HCOM 2605, or SBS 2125 CMICC/Service Learning GE course SL 2010, FD 2125, HCOM 2605, or SBS 2125 CMICC Service Learning GE course SL 2010, FD 2125, HCOM 2605, or SBS 2125 CMICC Service Learning GE course SI 2010, FD 2125, HCOM 2605, or SBS 2125 CMICC Service Learning GE course SI 2010, FD 2125, HCOM 2605, or SBS 2125 CMICC Service Learning GE course SI 2010, FD 2125, HCOM 2605, or SBS 2125 CMICC Service Learning GE course SI 2010, FD 2125, HCOM 2605, or SBS 2125 SPING SOPhomore Courses (15 units total) CMICC Service or SBS 2125 CMICC SERVICE S	CHEM 109	Introductory Chemistry or Phys Sci GE	3	B1
Ethnic Studies (GE Area F) Course Fall Sophomore Courses (15 units total) PSY 100 or other Social Sci course Into Psy 100 or other Social Sci course St. 210S, ED 2125, HCOM 260S, or SBS 2125 HCOM 200, HCOM 202, Biol 131 ENVS 201 or PSY 110 +110L Into Psy Christing GE Course Fall Sophomore Courses (15 units total) Course for minor, grad school, or elective Spring Sophomore Courses (15 units total) Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or ele	Language course	C2 GE course + WCL Requirement	3	C2, WCL
Fall Sophomore Courses (15 units total) Course or GE Title Units GE/Major	ENSTU 120, HCOM 120, 125, or CAD 101B	Reading and Writing course	3	A2
PSY 100 or other Social Sci course St. 2105, ED 2125, HCOM 2605, or SBS 2125 Civics/Service Learning GE course 3 DCSL, US283 HCM0 200, HCOM 202, BIO 131 Citical Thinking GE 3 A3 ENVS 201 or PSY 110+110L Course for minor, grad school, or elective Spring Sophomore Courses (15 units total) C1 (Arts) GE course Any C1 GE course Course for minor, grad school, or elective KIN 340 Personal Training KIN 300 Fall Junior Courses (16 units total) Course or GE Title White GE/Major KIN 310 Athletic Strength & Conditioning KIN 310 Athletic Strength & Conditioning KIN 310 Athletic Strength & Conditioning Anatomy and Physiology I and Lab Course for minor, grad school, or elective Spring Junior Courses (14 units total) Course or GE Title White GE/Major KIN 370 and KIN 370L Anatomy and Physiology I and Lab KIN 371 and KIN 371L Anatomy and Physiology I and Lab KIN 371 and KIN 371L Anatomy and Physiology I and Lab KIN 373 and KIN 371L Anatomy and Physiology I and Lab KIN 374 and KIN 371L Anatomy and Physiology I and Lab KIN 375 Exercise Science KIN 370 Exercise Prescript. For Special Pop. Sercise Science KIN 370 Exercise Prescript. For Special Pop. Sercise Science KIN 370 Exercise Prescript. For Special Pop. Sercise Science KIN 370 Exercise Science KIN 380 Exercise Science KIN 380 Exercise Science KIN 380 Exercise Science KIN 390 Exercise Prescript. For Special Pop. Sercise Science KIN 390 Exercise Prescript. For Special Pop. Sercise Science KIN 390 Exercise Science KIN 390 Exercise Prescript. For Special Pop. Sercise Science KIN 390 Exercise Science KIN 390 Physiol &Biomech Aerobic Exercise KIN 490 Thurst Mala Science KIN 390 Film Science with Lab Course for minor, grad school,	Ethnic Studies (GE Area F) Course	Ethnic Studies (GE Area F) course	3	F
SL 210S, ED 212S, HCOM 260S, or SBS 212S HCOM 200, HCOM 202, BIO 131 Critical Thinking GE SPY 110 +110L Lot Env Sci or Human Bio & Behavior Course for minor, grad school, or elective Spring Sophomore Courses (15 units total) C1 (Arts) GE course C2 (Arts) GE course C3 Curse for minor, grad school, or elective Minor or grad school prereq or elective C3 Elective C4 Minor or grad school prereq or elective C5 Minor or grad school prereq or elective C6 Minor or grad school prereq or elective C7 Minor or grad school prereq or elective C8 Minor Or grad school prereq or elective C9 Minor Or grad school prereq or elective	Fall Sophomore Courses (15 units total)	Course or GE Title	Units	GE/Major
HCOM 200, HCOM 202, BIO 131 ENVS 201 or PSY 110+110L Into Env Sci or Human Bio & Behavior 3 B2, B3 ENVS 201 or PSY 110+110L Into Env Sci or Human Bio & Behavior 3 B2, B3 Elective Minor or grad school prereq or elective Spring Sophomore Courses (15 units total) C1 (Arts) GE course Any C1 GE course Any C1 GE course Any C1 GE course Course for minor, grad school, or elective KIN 340 Personal Training Bersonal Training RIN 350 Fall Junior Courses (16 units total) Course or GE Title Wints GE/Major Course for minor, grad school, or elective KIN 355 Ethics in Physical Activity and Health GWAR, Core KIN 370 and KIN 370L Anatomy and Physiology I and Lab Upper-division Arts or Humanities Upper-division arts or humanities Spring Junior Courses (14 units total) KIN 371 and KIN 371L KIN 350 KIN 371 and KIN 371L KIN 350 KIN 350 KIN 350 Exercise Personioly II and Lab KIN 350 Exercise Prescript. For Special Pop. KIN 350 KIN 350 Exercise Prescript. For Special Pop. KIN 350 KIN 350 Exercise Prescript. For Special Pop. KIN 350 KIN 350 KIN 350 Exercise Prescript. For Special Pop. KIN 350	PSY 100 or other Social Sci course	Intro to Psych or any DGSS course	3	DGSS
ENVS 201 or PSY 110 +110L Course for minor, grad school, or elective Spring Sophomore Courses (15 units total) C1 (Arts) GE course Any C1 GE course Any C1 GE course Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, or elective KIN 340 Personal Training Anjor Pro-Seminar Core Fall Junior Courses (16 units total) KIN 355 Ethics in Physical Activity and Health KIN 310 Athletic Strength & Conditioning Athletic Strength & Conditioning Upper-division Arts or Humanities Course for minor, grad school, or elective Spring Junior Courses (14 units total) KIN 371 and KIN 371L Anatomy and Physiology I and Lab KIN 372 and KIN 371L Anatomy and Physiology I and Lab KIN 373 and KIN 371L Anatomy and Physiology I and Lab KIN 371 and KIN 371L Anatomy and Physiology I and Lab KIN 372 and KIN 371L Anatomy and Physiology I and Lab KIN 373 and KIN 371L Anatomy and Physiology I and Lab KIN 374 and KIN 371L Anatomy and Physiology I and Lab KIN 3750 Exercise Physiology KIN 371 and KIN 371L Anatomy and Physiology II and Lab KIN 390 Exercise Prescript. For Special Pop. KIN 390 Exercise Physiology Sercise Science KIN 330 Physiol & Biomech Aerobic Exercise KIN 4715 Kin 360 & KIN 360 Kin 4715 Kin 480 Physiol & Biomech Aerobic Exercise Service Science KIN 4715 Kinesiology Service Learning All Cervice Science KIN 470 Kin 440 Physiol & Biomech Anaerobic Exercise Service Science Kin 440 Physiol & Biomech Anaerobic Exercise Service Science Kin 440 Physiol & Biomech Anaerobic Exercise Service Science Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, o	SL 210S, ED 212S, HCOM 260S, or SBS 212S	Civics/Service Learning GE course	3	DCSL, US2&3
Course for minor, grad school, or elective Spring Sophomore Courses (15 units total) C1 (Arts) GE course Any C1 GE course And C1 GE Co	HCOM 200, HCOM 202, BIO 131	Critical Thinking GE	3	A3
Cal Carts GE course Any C1 GE course Any C1 GE course Course for minor, grad school, or elective Minor or grad school prereq or elective Gourse for minor, grad school, or elective Minor or grad school prereq or elective Gourse for minor, grad school, or elective Minor or grad school prereq or elective Gourse for minor, grad school, or elective Minor or grad school prereq or elective Gourse for minor, grad school, or elective Minor or grad school prereq or elective Gourse for GE Title Units GE/Major	ENVS 201 or PSY 110 +110L	Into Env Sci or Human Bio & Behavior	3	B2, B3
Cal Carts GE course Any C1 GE course Any C1 GE course Course for minor, grad school, or elective Minor or grad school prereq or elective Gourse for minor, grad school, or elective Minor or grad school prereq or elective Gourse for minor, grad school, or elective Minor or grad school prereq or elective Gourse for minor, grad school, or elective Minor or grad school prereq or elective Gourse for minor, grad school, or elective Minor or grad school prereq or elective Gourse for GE Title Units GE/Major	Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
Course for minor, grad school, or electiveMinor or grad school prereq or elective3ElectiveCourse for minor, grad school, or electiveMinor or grad school prereq or elective3ElectiveKIN 340Personal Training3Exercise ScienceKIN 300Major Pro-Seminar1CoreFall Junior Courses (16 units total)Course or GE TitleUnitsGE/MajorKIN 355Ethics in Physical Activity and Health3GWAR, CoreKIN 310Athletic Strength & Conditioning3Exercise ScienceKIN 370 and KIN 370LAnatomy and Physiology I and Lab4Core, UDBUpper-division Arts or HumanitiesUpper-division arts or humanities3UDCCourse for minor, grad school, or electiveMinor or grad school prereq or elective3ElectiveSpring Junior Courses (14 units total)Course or GE TitleUnitsGE/MajorKIN 371 and KIN 371LAnatomy and Physiology II and Lab4Core, UDBKIN 370Exercise Prescript. For Special Pop.3Exercise ScienceKIN 390Exercise Physiology3Core, UDBKIN 38# or 4##KIN Elective (any upper-div KIN Elective)3EXSci ElectiveCourse for minor, grad school, or electiveMinor or grad school prereq or elective3Exercise ScienceKIN 430Physiol &Biomech Aerobic Exercise3Exercise ScienceKIN 471SKinesiology Service Learning3UDD, UDSL, ES, CoreKIN 421LExercise Science Lab or one of the listed <b< th=""><th>Spring Sophomore Courses (15 units total)</th><th>Course or GE Title</th><th>Units</th><th>GE/Major</th></b<>	Spring Sophomore Courses (15 units total)	Course or GE Title	Units	GE/Major
Minor or grad school, prelective Minor or grad school prereq or elective KIN 340 Personal Training 3 Exercise Science KIN 300 Major Pro-Seminar 1 Core Fall Junior Courses (16 units total) Course or GE Title Units GE/Major KIN 355 Ethics in Physical Activity and Health 3 GWAR, Core KIN 310 Athletic Strength & Conditioning 3 Exercise Science KIN 370 and KIN 370L Anatomy and Physiology I and Lab 4 Core, UDB Upper-division Arts or Humanities Upper-division arts or humanities 3 UDC Upper-division Arts or Humanities Minor or grad school prereq or elective Spring Junior Courses (14 units total) Course or GE Title Units GE/Major GE/Major KIN 371 and KIN 371L Anatomy and Physiology II and Lab 4 Core, UDB KIN 371 and KIN 371L Anatomy and Physiology II and Lab 4 Core, UDB KIN 390 Exercise Physiology 3 Exercise Science KIN 390 Exercise Physiology 3 Core, UDB KIN 3## or 4## KIN Elective (any upper-div KIN Elective) 3 Exercise Science Exercise Physiology 3 Core, UDB KIN 3## or 4## KIN Elective (any upper-div KIN Elective) 3 Elective Elective Elective Minor or grad school prereq or elective 3 Elective Elective Elective Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Sercise Science KIN 471S Kinesiology Service Learning 3 UDD, UDSL, ES, Core KIN 471S Kinesiology Service Learning 3 Exercise Science KIN 471S Kinesiology Service Learning 3 Exercise Science KIN 490 Course or GE Title Units GE/Major KIN 400 Physiol & Biomech Anaerobic Exercise 3 Exercise Science KIN 490 Physiol & Biomech Anaerobic Exercise 3 Exercise Science KIN 490 Course or GE Title Units GE/Major KIN 490 Course or minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elec	C1 (Arts) GE course	Any C1 GE course	3	C1
KIN 340 Personal Training 3 Exercise Science KIN 300 Major Pro-Seminar 1 Core Fall Junior Courses (16 units total) Course or GE Title Units GE/Major KIN 355 Ethics in Physical Activity and Health 3 GWAR, Core KIN 310 Athletic Strength & Conditioning 3 Exercise Science KIN 370 and KIN 370L Anatomy and Physiology I and Lab 4 Core, UDB Upper-division Arts or Humanities Upper-division arts or humanities 3 UDC Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Spring Junior Courses (14 units total) Course or GE Title Units GE/Major KIN 371 and KIN 371L Anatomy and Physiology II and Lab 4 Core, UDB KIN 371 and KIN 371L Anatomy and Physiology II and Lab 4 Core, UDB KIN 390 Exercise Prescript. For Special Pop. 3 Exercise Science KIN 390 Exercise Physiology 3 Core, UDB KIN 3## or 4## KIN Elective (any upper-div KIN Elective) 3 Exercise Science Fall Senior Courses (16 units total) Course or GE Title Units GE/Major KIN 360 & KIN 360L Nutritional Science with Lab 4 Core KIN 340 Physiol & Biomech Aerobic Exercise 3 Exercise Science KIN 4715 Kinesiology Service Learning 3 UDD, UDSL, ES, Core KIN 4715 Kinesiology Service Learning 3 UDD, UDSL, ES, Core KIN 4715 Kinesiology Service Labor one of the listed alternative course options 4 Exercise Science KIN 470 Physiol & Biomech Anaerobic Exercise 3 Exercise Science Spring Senior Courses (14 units total) Course or GE Title Units GE/Major KIN 440 Physiol & Biomech Anaerobic Exercise 3 Exercise Science KIN 490 r 469 Capstone or Internship 2-3 Core Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective	Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
KIN 300 Major Pro-Seminar 1 Core Fall Junior Courses (16 units total) Course or GE Title Units GE/Major KIN 355 Ethics in Physical Activity and Health 3 GWAR, Core KIN 310 Athletic Strength & Conditioning 3 Exercise Science KIN 370 and KIN 370L Anatomy and Physiology I and Lab 4 Core, UDB Upper-division Arts or Humanities Upper-division arts or humanities 3 UDC Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Spring Junior Courses (14 units total) Course or GE Title Units GE/Major KIN 371 and KIN 371L Anatomy and Physiology II and Lab 4 Core, UDB KIN 450 Exercise Prescript. For Special Pop. 3 Exercise Science KIN 390 Exercise Physiology 3 Core, UDB KIN 3## or 4## KIN Elective (any upper-div KIN Elective) 3 ExSci Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Fall Senior Courses (16 units total) Course or GE Title Units GE/Major KIN 430 Physiol &Biomech Aerobic Exercise 3 Exercise Science KIN 471S Kinesiology Service Learning 3 UDD, UDSL, ES, Core KIN 421L Exercise Science Lab or one of the listed alternative course options Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Spring Senior Courses (14 units total) Course or GE Title Units GE/Major KIN 421L Exercise Science Lab or one of the listed alternative course options Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Exercise Science KIN 499 or 469 Capstone or Internship 2-3 Core Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective	Course for minor, grad school, or elective	Minor or grad school prereq or elective	3	Elective
Fall Junior Courses (16 units total) KIN 355 Ethics in Physical Activity and Health 3 GWAR, Core KIN 310 Athletic Strength & Conditioning 3 Exercise Science KIN 370 and KIN 370L Anatomy and Physiology I and Lab Upper-division Arts or Humanities Upper-division arts or humanities Upper-division arts or humanities Upper-division arts or humanities Spring Junior Courses (14 units total) Course or GE Title Units GE/Major KIN 371 and KIN 371L Anatomy and Physiology II and Lab Core, UDB KIN 450 Exercise Prescript. For Special Pop. 3 Exercise Science KIN 390 Exercise Physiology 3 Core, UDB KIN 3## or 4## KIN Elective (any upper-div KIN Elective) Course for minor, grad school, or elective Minor or grad school prereq or elective Fall Senior Courses (16 units total) Course or GE Title Units GE/Major Course for Minor, grad school, or elective Minor or grad school prereq or elective KIN 360 & KIN 360L Nutritional Science with Lab Core KIN 471S Kinesiology Service Learning Alba, KIN 303, KIN 305, KIN 375) Course for minor, grad school, or elective Minor or grad school prereq or elective Spring Senior Courses (14 units total) Course or GE Title (alt options: KIN 303, KIN 305, KIN 375) Course for minor, grad school, or elective Minor or grad school prereq or elective Spring Senior Courses (14 units total) Course or GE Title Units GE/Major Course for minor, grad school, or elective Minor or grad school prereq or elective Spring Senior Courses (14 units total) Course or GE Title Units GE/Major KIN 440 Physiol & Biomech Anaerobic Exercise 3 Exercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Spring Senior Courses (14 units total) Minor or grad school prereq or elective Spring Senior Course or Minor or grad school prereq or elective Minor or grad school prereq or elective Spring Senior Guestive Minor or grad school prereq or elective Spring Senior Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Spring Senior	KIN 340	Personal Training	3	Exercise Science
KIN 355 KIN 310 Athletic Strength & Conditioning 3 Exercise Science KIN 370 and KIN 370L Anatomy and Physiology I and Lab Upper-division Arts or Humanities Upper-division arts or humanities Upper-division arts or humanities 3 UDC Course for minor, grad school, or elective Spring Junior Courses (14 units total) KIN 371 and KIN 371L Anatomy and Physiology II and Lab KIN 371 and KIN 371L Anatomy and Physiology II and Lab KIN 390 Exercise Prescript. For Special Pop. Sing Junior Courses (14 units total) KIN 390 Exercise Physiology 3 Core, UDB KIN 3## or 4## KIN Elective (any upper-div KIN Elective) Course for minor, grad school, or elective Minor or grad school prereq or elective Fall Senior Courses (16 units total) KIN 360 & KIN 360L Nutritional Science with Lab KIN 430 Physiol & Biomech Aerobic Exercise KIN 471S Kinesiology Service Learning 3 UDD, UDSL, ES, Core KIN 421L (alt options: KIN 303, KIN 305, KIN 375) Course for minor, grad school, or elective Minor or grad school prereq or elective Spring Senior Courses (14 units total) Course or GE Title Vinits Course for minor, grad school, or elective Minor or grad school prereq or elective Spring Senior Courses (14 units total) Course or GE Title Vinits GE/Major Course or GE Title Sexercise Science Although Physiol & Biomech Aerobic Exercise Spring Senior Courses (14 units total) Course or GE Title Sexercise Science Course for minor, grad school, or elective Minor or grad school prereq or elective Spring Senior Courses (14 units total) Course for minor, grad school, or elective Minor or grad school prereq or elective Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Selective Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Selective Course for minor, grad school, or elective Minor or grad school prereq or elective Minor or grad school prereq or elective Selective	KIN 300	Major Pro-Seminar	1	Core
KIN 310 Athletic Strength & Conditioning 3 Exercise Science KIN 370 and KIN 370L Anatomy and Physiology I and Lab 4 Core, UDB Upper-division Arts or Humanities Upper-division arts or humanities 3 UDC Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Spring Junior Courses (14 units total) Course or GE Title Units GE/Major KIN 371 and KIN 371L Anatomy and Physiology II and Lab 4 Core, UDB KIN 370 Exercise Prescript. For Special Pop. 3 Exercise Science KIN 390 Exercise Physiology 3 Core, UDB KIN 3## or 4## KIN Elective (any upper-div KIN Elective) 3 ExSci Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Fall Senior Courses (16 units total) Course or GE Title Units GE/Major KIN 360 & KIN 360L Nutritional Science with Lab 4 Core KIN 430 Physiol & Biomech Aerobic Exercise 3 Exercise Science KIN 471S Kinesiology Service Learning 3 UDD, UDSL, ES, Core KIN 421L Exercise Science Lab or one of the listed alternative course options Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Spring Senior Courses (14 units total) Course or GE Title Units GE/Major KIN 440 Physiol & Biomech Anaerobic Exercise 3 Exercise Science KIN 490 or 469 Capstone or Internship 2-3 Core Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective Course for minor, grad school, or elective Minor or grad school prereq or elective 3 Elective	Fall Junior Courses (16 units total)	Course or GE Title	Units	GE/Major
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