

# Kinesiology, BS

## Exercise Science Concentration

### 4-Year Pathway 2025/26 - 2029/30

*KIN students should see the KIN Academic Advisor to create a plan for their specific situation*

<b>Fall Freshman Courses</b> Course Prefix and Number	<b>Course Title</b> Abbreviate Course Title	<b>Units</b>	<b>Requirements Met</b> GE/UR/Major
Any FYS 1XX	First Year Seminar with any GE	3	FYS
STAT 100 (+ STAT 10 if needed)	Intro to Stats	3	2/Major
Any 1C approved course	Area 1C: Oral Communication	3	1C
Any 3A approved course	Area 3A: Arts	3	3A
Course for minor/grad school prep/or elective		3	
<b>Spring Freshman Courses</b> Course Prefix and Number	<b>Course Title</b> Abbreviate Course Title	<b>Units</b>	<b>Requirement Met</b> GE/UR/Major
Any 1A approved course	Area 1A: English Composition	3	1A
Any 1B approved course	Area 1B: Critical Thinking	3	1B
SL 210S, ED 212S, HCOM 260S or SSCI 212S	Service Learning	3	4B/US2&3
PSY 100 or other 4A	Intro to Psychology	3	4A
Course for minor/grad school prep/or elective		3	
<b>Fall Sophomore Courses</b> Course Prefix and Number	<b>Course Title</b> Abbreviate Course Title	<b>Units</b>	<b>Requirement Met</b> GE/UR/Major
KIN 300	Kin Major Proseminar	1	Major
Any US1 approved course	US1: Histories	3	US1
CHEM 109 or other 5A	Introductory Chemistry	3	5A
Course for minor/grad school prep/or elective		3	

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<b>Spring Sophomore Courses</b> Course Prefix and Number	<b>Course Title</b> Abbreviate Course Title	<b>Units</b>	<b>Requirement Met</b> GE/UR/Major
Language Course (ASL, JAPN, or SPAN 101 or SPAN 212)	Beginning Language I	3	3B/WCL
ENVS 201	Intro to Enviro Science	4	5B/5C
Any 6 approved course	Area 6: Ethnic Studies	3	6
Course for minor/grad school prep/or elective		3	
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<b>Fall Junior Courses</b> Course Prefix and Number	<b>Course Title</b> Abbreviate Course Title	<b>Units</b>	<b>Requirement Met</b> GE/UR/Major
KIN 370	Anat. and Phys I	3	Major/UD5
KIN 370L	Anat. and Phys I Lab	1	Major
KIN 355	Ethics in PA and Health	3	Major/GWAR
KIN 310	Athletic Strength & Condition	3	Exercise Science Concentration
KIN 340	Personal Training	3	Exercise Science Concentration
Course for minor/grad school prep/or elective		3	
<b>Spring Junior Courses</b> Course Prefix and Number	<b>Course Title</b> Abbreviate Course Title	<b>Units</b>	<b>Requirement Met</b> GE/UR/Major
KIN 371	Anat. and Phys II	3	Major/UD5
KIN 371L	Anat. and Phys II Lab	1	Major
KIN 390	Exercise Physiology	3	Major/UD5

KIN 471S	Kinesiology Service Learning	3	UD4/UDSL
KIN 421L	Essentials of Ex.Sci Lab	3	Exercise Science Concentration
Course for minor/grad school prep/or elective		3	
<b>Fall Senior Courses</b> Course Prefix and Number	<b>Course Title</b> Abbreviate Course Title	<b>Units</b>	<b>Requirement Met</b> GE/UR/Major
KIN 360	Nutrition Science	3	Major
KIN 360L	Nutrition Science Lab	1	Major
KIN 450	Exerc. Prescription	3	Exercise Science Concentration
KIN 430	Phys & Biomech Aerobic	3	Exercise Science Concentration
Course for minor/grad school prep/or elective		3	
<b>Spring Senior Courses</b> Course Prefix and Number	<b>Course Title</b> Abbreviate Course Title	<b>Units</b>	<b>Requirement Met</b> GE/UR/Major
KIN 499	Capstone	2	Major
KIN 440	Phys & Biomech Anaerobic	3	Exercise Science Concentration
Any UD3 approved course	Upper Division Arts/Humanities	3	UD3
KIN 3XX or 4XX Course	Any Kin 300 or 400 level course not already taken	3	Exercise Science Concentration
Course for minor/grad school prep/or elective		3	