Kinesiology: Exercise Science 4-Year Pathway 2024-2025

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Fall Freshman Courses (15 units total)	Course or GE Title	Units	GE/Major
FYS 143 or 145 or 147 or 148	FYS with Humanities GE	3	FYS, C2
STAT 100 (+ STAT 10 if needed)	Introductory Statistics	3	Major, B4
KIN 161 or 263	Health & Wellbeing or Intro Human Sexuality	3	E
C1 (Arts) GE course	Any C1 GE course	3	C1
CST 274 or HCOM 243, 265 or SBS 111, 114, 249	US History GE (or US 1 course)	3	US 1
Spring Freshmen Courses (15 units total)	Course or GE Title	Units	GE/Major
HCOM 110	Fundamentals of Speaking & Listening	3	A1
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 101B	Reading and Writing course	3	A2
Ethnic Studies (GE Area F) Course	Ethnic Studies (GE Area F) course	3	F
Fall Sophomore Courses (15 units total)	Course or GE Title	Units	GE/Major
PSY 100 or other Social Sci course			DGSS
	Intro to Psych or any DGSS course	3	
SL 210S, ED 212S, HCOM 260S, or SBS 212S	Civics/Service Learning GE course	3	DCSL, US2&3
HCOM 200, HCOM 202, BIO 131	Critical Thinking GE	3	A3
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
C1 (Arts) 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
I VIN 200	Major Pro-Seminar	1	Core
KIN 300			
Fall Junior Courses (16 units total)	Course or GE Title	Units	GE/Major
Fall Junior Courses (16 units total) KIN 355	Course or GE Title Ethics in Physical Activity and Health	Units 3	GE/Major GWAR, Core
Fall Junior Courses (16 units total)  KIN 355  KIN 310	Course or GE Title Ethics in Physical Activity and Health Athletic Strength & Conditioning	Units 3 3	GE/Major GWAR, Core Exercise Science
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L	Course or GE Title Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab	3 3 4	GE/Major GWAR, Core Exercise Science Core, UDB
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities	Course or GE Title Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities	3 3 4 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective	Course or GE Title  Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities Minor or grad school prereq or elective	3 3 4 3 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)	Course or GE Title Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities Minor or grad school prereq or elective Course or GE Title	3 3 4 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab	Units	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450	Course or GE Title Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities Minor or grad school prereq or elective Course or GE Title Anatomy and Physiology II and Lab Exercise Prescript. For Special Pop.	Units 3 3 4 3 Units 4 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology	Units 3 3 4 3 Units 4 3 3 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)	Units 3 3 4 3 3 Units 4 3 3 3 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)  Minor or grad school prereq or elective	Units 3 3 4 3 Units 4 3 3 3 3 3 3 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB Exercise Science Elective Elective
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)	Units 3 3 4 3 3 Units 4 3 3 3 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)  Minor or grad school prereq or elective  Course or GE Title  Nutritional Science with Lab	Units 3 3 4 3 Units 4 3 3 3 3 3 3 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB ExSci Elective Elective GE/Major Core
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)  Minor or grad school prereq or elective  Course or GE Title	Units 3 3 4 3 Units 4 3 3 Units 4 1 3 Units	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB Exercise Science Ger, UDB ExSci Elective Elective GE/Major
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)  Minor or grad school prereq or elective  Course or GE Title  Nutritional Science with Lab  Physiol & Biomech Aerobic Exercise  Kinesiology Service Learning	Units 3 3 4 3 3 Units 4 3 3 Units 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB ExSci Elective Elective GE/Major Core
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L  KIN 430  KIN 471S  KIN 421L	Course or GE Title  Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities Minor or grad school prereq or elective Course or GE Title Anatomy and Physiology II and Lab Exercise Prescript. For Special Pop. Exercise Physiology KIN Elective (any upper-div KIN Elective) Minor or grad school prereq or elective Course or GE Title Nutritional Science with Lab Physiol & Biomech Aerobic Exercise Kinesiology Service Learning Exercise Science Lab or one of the listed	Units 3 3 4 3 Units 4 3 3 Units 4 3 3 3 Units 4 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB Exercise Science Gore, UDB ExSci Elective Elective GE/Major Core Exercise Science
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L  KIN 430  KIN 471S  KIN 421L  (alt options: KIN 303, KIN 305, KIN 375)	Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities Minor or grad school prereq or elective Course or GE Title Anatomy and Physiology II and Lab Exercise Prescript. For Special Pop. Exercise Physiology KIN Elective (any upper-div KIN Elective) Minor or grad school prereq or elective Course or GE Title Nutritional Science with Lab Physiol & Biomech Aerobic Exercise Kinesiology Service Learning Exercise Science Lab or one of the listed alternative course options	Units 3 3 4 3 3 Units 4 3 3 Units 4 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB ExSci Elective Elective GE/Major Core Exercise Science UDD, UDSL, ES, Core Exercise Science
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L  KIN 430  KIN 471S  KIN 421L  (alt options: KIN 303, KIN 305, KIN 375)  Course for minor, grad school, or elective	Course or GE Title  Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities Minor or grad school prereq or elective Course or GE Title Anatomy and Physiology II and Lab Exercise Prescript. For Special Pop. Exercise Physiology KIN Elective (any upper-div KIN Elective) Minor or grad school prereq or elective Course or GE Title Nutritional Science with Lab Physiol & Biomech Aerobic Exercise Kinesiology Service Learning Exercise Science Lab or one of the listed alternative course options Minor or grad school prereq or elective	Units 3 3 4 3 Units 4 3 3 Units 4 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB Exercise Science Core, UDB ExSci Elective Elective GE/Major Core Exercise Science UDD, UDSL, ES, Core Exercise Science
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L  KIN 430  KIN 471S  KIN 421L  (alt options: KIN 303, KIN 305, KIN 375)  Course for minor, grad school, or elective  Spring Senior Courses (14 units total)	Course or GE Title  Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities Minor or grad school prereq or elective Course or GE Title Anatomy and Physiology II and Lab Exercise Prescript. For Special Pop. Exercise Physiology KIN Elective (any upper-div KIN Elective) Minor or grad school prereq or elective Course or GE Title Nutritional Science with Lab Physiol & Biomech Aerobic Exercise Kinesiology Service Learning Exercise Science Lab or one of the listed alternative course options Minor or grad school prereq or elective Course or GE Title	Units 3 3 4 3 3 Units 4 3 3 Units 4 3 3 Units 4 3 Units 4 3 Units	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB ExSci Elective Elective GE/Major Core Exercise Science UDD, UDSL, ES, Core Exercise Science Elective GE/Major
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L  KIN 430  KIN 471S  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 or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)  Minor or grad school prereq or elective  Course or GE Title  Nutritional Science with Lab  Physiol & Biomech Aerobic Exercise  Kinesiology Service Learning  Exercise Science Lab or one of the listed alternative course options  Minor or grad school prereq or elective  Course or GE Title  Physiol & Biomech Anaerobic Exercise	Units 3 3 4 3 3 Units 4 3 3 Units 4 3 3 Units 4 3 3 Units 4 3 3 3 Units 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB ExSci Elective Elective GE/Major Core Exercise Science UDD, UDSL, ES, Core Exercise Science Elective GE/Major Exercise Science
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L  KIN 430  KIN 471S  KIN 471S  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  KIN 499 or 469	Course or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)  Minor or grad school prereq or elective  Course or GE Title  Nutritional Science with Lab  Physiol & Biomech Aerobic Exercise  Kinesiology Service Learning  Exercise Science Lab or one of the listed alternative course options  Minor or grad school prereq or elective  Course or GE Title  Physiol & Biomech Anaerobic Exercise  Capstone or Internship	Units 3 3 4 3 4 3 Units 4 3 3 Units 4 3 3 Units 4 3 3 2-3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB Exercise Science Core, UDB ExSci Elective Elective GE/Major Core Exercise Science UDD, UDSL, ES, Core Exercise Science Exercise Science Core Exercise Science Exercise Science Core
Fall Junior Courses (16 units total)  KIN 355  KIN 310  KIN 370 and KIN 370L  Upper-division Arts or Humanities  Course for minor, grad school, or elective  Spring Junior Courses (14 units total)  KIN 371 and KIN 371L  KIN 450  KIN 390  KIN 3## or 4##  Course for minor, grad school, or elective  Fall Senior Courses (16 units total)  KIN 360 & KIN 360L  KIN 430  KIN 471S  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 or GE Title  Ethics in Physical Activity and Health  Athletic Strength & Conditioning  Anatomy and Physiology I and Lab  Upper-division arts or humanities  Minor or grad school prereq or elective  Course or GE Title  Anatomy and Physiology II and Lab  Exercise Prescript. For Special Pop.  Exercise Physiology  KIN Elective (any upper-div KIN Elective)  Minor or grad school prereq or elective  Course or GE Title  Nutritional Science with Lab  Physiol & Biomech Aerobic Exercise  Kinesiology Service Learning  Exercise Science Lab or one of the listed alternative course options  Minor or grad school prereq or elective  Course or GE Title  Physiol & Biomech Anaerobic Exercise	Units 3 3 4 3 3 Units 4 3 3 Units 4 3 3 Units 4 3 3 Units 4 3 3 3 Units 3	GE/Major GWAR, Core Exercise Science Core, UDB UDC Elective GE/Major Core, UDB Exercise Science Core, UDB ExSci Elective Elective GE/Major Core Exercise Science UDD, UDSL, ES, Core Exercise Science Elective GE/Major Exercise Science