

Kinesiology: Exercise Science 4-Year Pathway 2024-2025

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	Intro to Psych or any DGSS course	3	DGSS
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
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 (<i>any upper-div KIN Elective</i>)	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 (<i>alt options: KIN 303, KIN 305, KIN 375</i>)	Exercise Science Lab <i>or one of the listed alternative course options</i>	3	Exercise Science
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 499 or 469	Capstone or Internship	2-3	Core
Courses for minor, grad school, or elective	Minor or grad school prereq or electives	9	Elective
Total Exercise Science 4-yr Pathway		120	

