**Kinesiology: Exercise Science 4-Year Pathway 2022-2023** 

|   | e Science 4-Tear Patriwa  |   |   |
|---|---|---|---|
| Fall Freshman Courses (15 units total)  | Course or GE Title  | Units   | GE/Major  |
| FYS 145 or 146 or 147 or 148  | FYS with Humanities GE  | 3   | FYS,C2  |
| STAT 100 (+ STAT 10 if needed)  | Introductory Statistics   | 3   | Major, B4   |
| KIN 161   | Foundations of Wellness   | 3   | E   |
| ENVS 201 or PSY 110 +110L   | Into Env Sci or Human Bio & Behavior  | 3   | B2, B3  |
| HCOM120, HCOM125,SBS110 or CAD101A  | Reading and Writing course  | 3   | A2  |
| 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 and WCL  | 3   | C2, WCL   |
| Free elective or CAD 101B   | Elective or completion of A2  | 3   | (A2) or elect   |
| Ethnic Studies (GE area F) course   | Ethnic studies (GE Area F) course   | 3   | F   |
| Fall Sophmore 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  |
| SL210S, ED212S, HCOM260S,SBS212S  | Civics/Service Learning GE course   | 3   | DCSL, US2&3   |
| HCOM 200, HCOM 202, BIO 131   | Critical Thinking GE  | 3   | A3  |
| Course for minor, grad school, or elective  | minor or grad school prereq or elective   | 3   | elective  |
| Free elective (BIO 204 recommended)   | Free elective   | 3   | elective  |
| Spring Sophmore Courses (15 units total)  | Course or GE Title  | Units   | GE/Major  |
| CST 274 or HCOM 243, 251 o65 or SBS   |   |   |   |
| 111, 114, or 249  | US History GE (or US 1 course)  | 3   | US 1  |
| C1 (Arts) GE course   | Any C1 GE course  | 3   | C1  |
| Course for minor, grad school, or elective  | minor or grad school prereq or elective   | 5   | elective  |
| KIN 340   | Personal Training   | 3   | Concentration   |
| KIN 300   | Major Pro-Seminar   | 1   | Core  |
|   |   |   |   |
| Fall Junior Courses (16 units total)  | Course or GE Title  | Units   | GE/Major  |
| Fall Junior Courses (16 units total) KIN 355  | Ethics in Physical Activity and Health  | 3   | GWAR, Core  |
| KIN 355<br>KIN 310  | Ethics in Physical Activity and Health Athletic Strength & Conditioning   | 3   | _   |
| KIN 355   | Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab  | 3<br>3<br>4   | GWAR, Core<br>Concentration<br>Core, UDB  |
| KIN 355<br>KIN 310  | Ethics in Physical Activity and Health Athletic Strength & Conditioning Anatomy and Physiology I and Lab Upper-division arts or humanities  | 3<br>3<br>4<br>3  | GWAR, Core<br>Concentration   |
| KIN 355 KIN 310 KIN 370 and KIN 370L Upper-division Arts or Humanities Course for minor, grad school, or elective   | 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<br>3<br>4<br>3<br>3   | GWAR, Core Concentration Core, UDB UDC elective   |
| KIN 355 KIN 310 KIN 370 and KIN 370L Upper-division Arts or Humanities  | 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<br>3<br>4<br>3  | GWAR, Core<br>Concentration<br>Core, UDB<br>UDC   |
| KIN 355 KIN 310 KIN 370 and KIN 370L Upper-division Arts or Humanities Course for minor, grad school, or elective   | 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<br>3<br>4<br>3<br>3   | GWAR, Core Concentration Core, UDB UDC elective   |
| 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)  | 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<br>3<br>4<br>3<br>3<br>Units  | GWAR, Core Concentration Core, UDB UDC elective GE/Major  |
| 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   | 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  | 3<br>3<br>4<br>3<br>3<br>Units<br>4   | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB  |
| 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   | 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 3xx or 4xx  | 3<br>3<br>4<br>3<br>3<br>Units<br>4<br>3  | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective  |
| 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 Exercise Science elective Free elective   | 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 3xx or 4xx Free elective   | 3<br>3<br>4<br>3<br>3<br>Units<br>4<br>3<br>3<br>3                                    | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective  |
| 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 Exercise Science elective   | 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 3xx or 4xx  | 3<br>3<br>4<br>3<br>3<br>Units<br>4<br>3<br>3   | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective  |
| 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 Exercise Science elective Free elective   | 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 3xx or 4xx Free elective  Course or GE Title Nutritional Science and Lab  | 3<br>3<br>4<br>3<br>3<br>Units<br>4<br>3<br>3<br>3                                    | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective  |
| 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 Exercise Science elective Free elective Fall Senior Courses (16 units total)  | 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 3xx or 4xx Free elective Course or GE Title Nutritional Science and Lab Physiol &Biomech Aerobic Exercise  | 3<br>3<br>4<br>3<br>Units<br>4<br>3<br>3<br>1<br>Units                                | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration  |
| 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 Exercise Science elective Free elective Fall Senior Courses (16 units total) KIN 360/L  | 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 3xx or 4xx Free elective  Course or GE Title Nutritional Science and Lab Physiol &Biomech Aerobic Exercise Race, Gender, Class in Digital World   | 3<br>3<br>4<br>3<br>3<br>Units<br>4<br>3<br>3<br>3<br>1<br>Units                      | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core  |
| 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 Exercise Science elective Free elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430  | 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 3xx or 4xx Free elective Course or GE Title Nutritional Science and Lab Physiol &Biomech Aerobic Exercise  | 3<br>3<br>4<br>3<br>Units<br>4<br>3<br>3<br>1<br>Units                                | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration  |
| 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 Exercise Science elective Free elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430 KIN 471S KIN 421L or KIN 375 or KIN 305 Free elective (or grad school prereq)  | 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 3xx or 4xx Free elective  Course or GE Title Nutritional Science and Lab Physiol &Biomech Aerobic Exercise Race, Gender, Class in Digital World   | 3 3 4 3 Units 4 3 3 1 Units 4 3 3 3 3 3 1 Units                                       | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDB Ex. Sci. elective Free elective Free elective Core Concentration Core, UDSL, UDD, ES Concentration Free elective   |
| 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 Exercise Science elective Free elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430 KIN 471S KIN 421L or KIN 375 or KIN 305  | 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 3xx or 4xx Free elective  Course or GE Title Nutritional Science and Lab Physiol &Biomech Aerobic Exercise Race, Gender, Class in Digital World Exercise Sci Lab  | 3 3 4 3 Units 4 3 3 Units 4 3 3 3 1 Units 4 3 3 3 3                                   | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDB  |
| 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 Exercise Science elective Free elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430 KIN 471S KIN 421L or KIN 375 or KIN 305 Free elective (or grad school prereq)  | 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 3xx or 4xx Free elective  Course or GE Title Nutritional Science and Lab Physiol &Biomech Aerobic Exercise Race, Gender, Class in Digital World Exercise Sci Lab Free Elective or grad school prereq  | 3 3 4 3 Units 4 3 3 1 Units 4 3 3 3 3 3 3 3 3 3 3                                     | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDB Ex. Sci. elective Free elective Free elective Core Concentration Core, UDSL, UDD, ES Concentration Free elective   |
| 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 Exercise Science elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430 KIN 471S KIN 421L or KIN 375 or KIN 305 Free elective (or grad school prereq) Spring Senior Courses (14 units total)   | 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 3xx or 4xx Free elective  Course or GE Title Nutritional Science and Lab Physiol &Biomech Aerobic Exercise Race, Gender, Class in Digital World Exercise Sci Lab Free Elective or grad school prereq Course or GE Title   | 3 3 4 3 3 Units 4 3 3 1 Units 4 3 3 Units 4 3 Units                                   | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Free elective GE/Major   |
| 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 Exercise Science elective Free elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430 KIN 471S KIN 421L or KIN 375 or KIN 305 Free elective (or grad school prereq) Spring Senior Courses (14 units total) KIN 440 KIN 499   | 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 3xx or 4xx Free elective Course or GE Title Nutritional Science and Lab Physiol & Biomech Aerobic Exercise Race, Gender, Class in Digital World Exercise Sci Lab Free Elective or grad school prereq Course or GE Title Physiol & Biomech Anaerobic Exercise   | 3 3 4 3 Units 4 3 3 1 Units 4 3 3 Units 4 3 3 3 Units 4 3 3 3 3 Units                 | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDSL, UDD, ES Concentration Free elective GE/Major Concentration Free olective GE/Major Concentration      |
| 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 Exercise Science elective Free elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430 KIN 471S KIN 421L or KIN 375 or KIN 305 Free elective (or grad school prereq) Spring Senior Courses (14 units total) KIN 440 KIN 499 Free elective (or grad school prereq)                                       | 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 3xx or 4xx Free elective Course or GE Title Nutritional Science and Lab Physiol & Biomech Aerobic Exercise Race, Gender, Class in Digital World Exercise Sci Lab Free Elective or grad school prereq Course or GE Title Physiol & Biomech Anaerobic Exercise Capstone  | 3 3 4 3 4 3 3 Units 4 3 3 1 Units 4 3 3 3 Units 4 3 2                                 | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDSL, UDD, ES Concentration Free elective GE/Major Concentration Free clective GE/Major Concentration Core |
| 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 Exercise Science elective Free elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430 KIN 471S KIN 421L or KIN 375 or KIN 305 Free elective (or grad school prereq) Spring Senior Courses (14 units total) KIN 440 KIN 499 Free elective (or grad school prereq) Free elective (or grad school prereq) | 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 3xx or 4xx Free elective  Course or GE Title Nutritional Science and Lab Physiol &Biomech Aerobic Exercise Race, Gender, Class in Digital World Exercise Sci Lab Free Elective or grad school prereq Course or GE Title Physiol & Biomech Anaerobic Exercise Capstone Free Elective or grad school prereq Free Elective or grad school prereq | 3 3 4 3 4 3 3 Units 4 3 3 1 Units 4 3 3 3 Units 4 3 3 3 3 3 3 3 Units 3 3 3 Units     | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDB, Ex. Sci. elective Free elective GE/Major Core Concentration Free elective GE/Major Concentration Free elective Free elective Free elective Free elective                    |
| 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 Exercise Science elective Free elective Free elective Fall Senior Courses (16 units total) KIN 360/L KIN 430 KIN 471S KIN 421L or KIN 375 or KIN 305 Free elective (or grad school prereq) Spring Senior Courses (14 units total) KIN 440 KIN 499 Free elective (or grad school prereq)                                       | 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 3xx or 4xx Free elective Course or GE Title Nutritional Science and Lab Physiol & Biomech Aerobic Exercise Race, Gender, Class in Digital World Exercise Sci Lab Free Elective or grad school prereq Course or GE Title Physiol & Biomech Anaerobic Exercise Capstone Free Elective or grad school prereq                                      | 3 3 4 3 4 3 3 Units 4 3 3 1 Units 4 3 3 3 Units 4 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 | GWAR, Core Concentration Core, UDB UDC elective GE/Major Core, UDB Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDB Ex. Sci. elective Free elective GE/Major Core Concentration Core, UDSL, UDD, ES Concentration Free elective GE/Major Concentration Free elective Free elective Free elective |