

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

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 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
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 Sophomore 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
KIN 355	Ethics in Physical Activity and Health	3	GWAR, Core
KIN 310	Athletic Strength & Conditioning	3	Concentration
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	Concentration
KIN 390	Exercise Physiology	3	Core, UDB
Exercise Science elective	KIN 3xx or 4xx	3	Ex. Sci. elective
Free elective	Free elective	1	Free elective
Fall Senior Courses (16 units total)	Course or GE Title	Units	GE/Major
KIN 360/L	Nutritional Science and Lab	4	Core
KIN 430	Physiol & Biomech Aerobic Exercise	3	Concentration
KIN 471S	Race, Gender, Class in Digital World	3	Core,UDSL,UDD,ES
KIN 421L or KIN 375 or KIN 305	Exercise Sci Lab	3	Concentration
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
Spring Senior Courses (14 units total)	Course or GE Title	Units	GE/Major
KIN 440	Physiol & Biomech Anaerobic Exercise	3	Concentration
KIN 499	Capstone	2	Core
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
Free elective (or grad school prereq)	Free Elective or grad school prereq	3	Free elective
<b>Total Exercise Science 4-yr Pathway</b>		<b>120</b>	