

DEPARTMENT OF KINESIOLOGY AND HEALTH PROMOTION
2017-2018 CURRICULUM - KINESIOLOGY

EXERCISE SCIENCE OPTION

REQUIRED CORE COURSES IN MAJOR

- ___ 1 KIN 201 Professions in Kinesiology & Health Promotion
- ___ 3 KIN 209 Critical Perspectives in Kinesiology
- ___ 3 KIN 303 Physiology of Exercise (ZOO 235/235L)
- ___ 1 KIN 303L Physiology of Exercise Lab (ZOO 235/235L)
- ___ 3 KIN 304 Intro. to Biomechanical (STA 120, ZOO 234/L)
- ___ 1 KIN 304L Intro. to Biomechanical Lab (STA 120, ZOO 234/L)
- ___ 3 KIN 312 Life Span Motor Development
- ___ 1 KIN 312A Life Span Motor Development Act
- ___ 3 KIN 425 Tests and Measurements (STA 120)
- ___ 1 KIN 425A Tests and Measurements Act (STA 120)

REQUIRED SUBPLAN/OPTION COURSES

- ___ 4 BIO 235 Human Physiology (BIO 115/115L)
- ___ 1 BIO 235L Human Physiology Lab (BIO 115/115L)
- ___ 4 BIO 303 Genetics (BIO 115/L/A)
- ___ 4 FN 235 Nutrition (CHM 121/L)
- ___ 4 KIN 400 Senior Project (in place of 461 & 462)
- ___ 3 KIN 403 Physiology of Exercise II (KIN 303/303L)
- ___ 1 KIN 403L Physiology of Exercise II Lab (KIN 303/303L)
- ___ 3 KIN 412 Movement Anatomy and Kinesiology (KIN 304/304L)
- ___ 1 KIN 412L Movement Anatomy and Kinesiology Lab (KIN 304/304L)
- ___ 3 KIN 430 Motor Learning and Human Performance (STA 120; KIN 303/303L)
- ___ 1 KIN 430L Motor Learning and Human Performance (STA 120; KIN 303/303L)
- ___ 3 KIN 453 Principles of Exercise Pres. & Programs (KIN 303/303L)
- ___ 4 KIN 455 Sports Medicine (KIN 303/303L)
- ___ 3 KIN 456 Ex Metabolism & Weight Control (KIN 303/303L; FN 235 or FN 305)
- ___ 2 KIN 458 Exercise Physiology Fieldwork (KIN 303/L)
- ___ 1 KIN 458L Exercise Physiology Fieldwork Lab (KIN 303/L)
- ___ 3 KIN 470 Electrocardiography in Exercise & Disease
- ___ 1 KIN 470L Electrocardiography in Ex. & Disease Lab
- ___ 3 PHY 121 College Physics (MATH 106)
- ___ 1 PHY 121L College Physics Lab (MATH 106)
- ___ 3 ZOO 234 Human Anatomy (BIO 115/115L)
- ___ 2 ZOO 234L Human Anatomy Lab (BIO 115/115L)

ELECTIVE SUPPORT COURSES (SELECT 36 UNITS FROM THE FOLLOWING):

- ___ 3 BIO 211 Biometrics (BIO 115/115L)
- ___ 1 BIO 211L Biometrics Lab (BIO 115/115L)
- ___ 4 BIO 310 Cell, Molecular, & Developmental Biology (BIO 303; CHM 201/250L)
- ___ 3 CHM 122 General Chemistry (CHM 121/121L)
- ___ 1 CHM 122L General Chemistry Laboratory (CHM 121/121L)
- ___ 3 CHM 123 General Chemistry (CHM 122/122L)
- ___ 1 CHM 123L General Chemistry Laboratory (CHM 122/122L)
- ___ 3 CHM 201 Elements of Organic Chemistry (CHM 122/L)
- ___ 1 CHM 250L Elements of Organic Chemistry Lab (CHM 122/L)
- ___ 3 CHM 314 Organic Chemistry (CHM 123/123L)
- ___ 1 CHM 317L Organic Chemistry (CHM 123/123L)
- ___ 3 CHM 315 Organic Chemistry (CHM 314/317L)
- ___ 1 CHM 318L Organic Chemistry (CHM 314/317L)
- ___ 3 CHM 316 Organic Chemistry (CHM 315/318L)
- ___ 1 CHM 319L Organic Chemistry (CHM 315/318L)
- ___ 3 CHM 321 Elements of Biochemistry (CHM 201/250L or CHM 315/318L)
- ___ 1 CHM 321L Elements of Biochemistry Lab (CHM 201/250L or CHM 315/318L)
- ___ 4 KIN 207 Personal Health
- ___ 4 KIN 363 Psychological Aspects of Physical Activity & Sport
- ___ 4 KIN 365 Science of Physical Aging
- ___ 4 KIN 370 Stress Management for Healthy Living
- ___ 4 KIN 408 Drug Education
- ___ 3 KIN 413 Quantitative Biomechanics (PHY 121/121L or PHY 131/131L or KIN 304/304L, and MAT 106 or MAT 114)
- ___ 1 KIN 413L Quantitative Biomechanics (PHY 121/121L or PHY 131/131L or KIN 304/304L, and MAT 106 or MAT 114)
- ___ 3 KIN 459 Health/fitness Instructor (KIN 303/L)
- ___ 4 MAT 106 Trigonometry
- ___ 3 MIC 201 Basic Microbiology (BIO 110 or BIO 115/115L; CHM 103/103L or CHM 121/121L)
- ___ 1 MIC 201L Basic Microbiology Lab (BIO 110 or BIO 115/115L; CHM 103/103L or CHM 121/121L)
- ___ 4 MIC 330 General Epidemiology (MIC 201/L; STATS 120)
- ___ 3 MIC 444 Hematology (BIO 121/L; BIO 122/L; BIO 123/L)
- ___ 1 MIC 444L Hematology Lab (BIO 121/L; BIO 122/L; BIO 123/L)
- ___ 3 PHY 122 College Physics (PHY 121/121L)
- ___ 1 PHY 122L College Physics Laboratory (PHY 121/121L)
- ___ 3 PHY 123 College Physics (PHY 122/122L)
- ___ 1 PHY 123L College Physics Laboratory (PHY 122/122L)
- ___ 4 PSY 314 Human Relations (PSY 201 or PSY 202)
- ___ 4 PSY 415 Abnormal Psychology (PSY 201 or PSY 202)
- ___ 4 PSY 417 Basic Counseling (PSY 201 or PSY 202)

Prerequisite courses are shown in parentheses

GENERAL EDUCATION REQUIREMENTS

Area A Communication and Critical Thinking-12 units

- ___(1) 4 ___ Oral Communication
- ___(2) 4 ENG 110 Written Communication
- ___(3) 4 ___ Critical Thinking

Area B Math and Natural Sciences-17 units
(Select one lab course from sub-area 2)

- ___(1) 4 CHM 121/L Physical Science
- ___(2) 3 BIO 115 Basic Biology
- ___(3) 2 BIO 115L Basic Biology Lab
- ___(4) 4 STA 120 Statistics with Applications
- ___(5) 4 KIN 301 Science and Technology Synthesis

Area C Humanities-16 units
One course from each area

- ___(1) 4 ___ Fine/Performing Arts
- ___(2) 4 ___ Philosophy and Civilization
- ___(3) 4 ___ Literature and Foreign Language
- ___(4) 4 ___ Humanities Synthesis

Area D Social Sciences-20 units
Two courses in sub-area 1, and at least one course from each of sub-areas 2, 3, and 4.

- ___(1a)4 PLS 201 U.S. History, Constitution, American Ideals
- ___(1b)4 HST 202 U.S. History, Constitution, American Ideals
- ___(2) 4 ___ History, Economics, and Political Science
- ___(3) 4 ___ Sociology, Anthropology, Ethnic, and Gender Studies
- ___(4) 4 ___ Social Science Synthesis

Area E Lifelong Understanding and Self-Development- 4 units

- ___ 4 ___ Lifelong Understanding and Self-Development

SUMMARY	
Common Core	20
Exercise Science Option	55
Select	36
General Education	<u>69</u>
TOTAL	180
