Restricted to Kinesiology Majors. Must be taken concurrently with KIN 384 GW.

2. Restricted to Biology, Biochemistry, Chemistry, Clinical Science, and Kinesiology majors with sophomore standing or above; BIDS 230 with a grade of C- or better; or consent of the instructor.

3. Category II placement for QR/Math, or completion of GE Area B4, or MATH 197 with a grade of C or better. Students with Category III or IV placement for QR/Math must concurrently enroll in MATH 115.

4. Completion of GE Area A and B4 requirements with grades of C or better; prior permission given to students with undeclared interest in KIN or declared KIN major.

5. Completion of GE Area A and B4 with grades of C- or better; priority enrollment for undeclared interest in KIN or declared KIN major.

6. KIN 384GW* is restricted to upper-division Kinesiology majors.

7. BIDS 230 or BIDS 310 or equivalent with grade of C- or better; KIN 384GW* (may be taken concurrently).

8. KIN 384GW* may be taken concurrently. Restricted to upper-division Kinesiology majors.

9. Category II placement for QR/Math, Category II or III placement for QR/Math must have completed MATH 110 with a grade of C or better or satisfied the B4 requirement. Satisfactory score on the Chemistry readiness assessment. CHEM 101 is recommended for students needing additional preparation for the assessment and CHEM 115.

10. CHEM 101 or CHEM 115, BIDS 100 and BIDS 101 or BIDS 210, all with grades of C or better. Intended for non-Biology majors.

11. BIDS 312 (may be taken concurrently).

12. Category II placement for QR/Math, or GE Area B4, or MATH 197.

13. Must be taken concurrently with PHYS 101.

14. MATH 196 or MATH 199 or equivalent with grade of C- or better. Category B or III for QR/Math: students who have not completed MATH 197 with a grade of C or better must complete MATH 110 with a grade of C or better or have satisfied the B4 requirement. Satisfactory score on the Chemistry readiness assessment. CHEM 101 is recommended for students needing additional preparation for the assessment and CHEM 115.

15. Category II placement for QR/Math, or completion of GE Area A4, or MATH 197.

16. Must be taken concurrently with PHYS 101.

17. BIOL 212*, BIOL 323* or BIOL 328*, and KIN 384GW* or equivalents with grades of C or better or GPA of 3.0 or higher, or consent of the instructor. Restricted to upper-division Kinesiology majors.

18. Upper division standing or consent of instructor; completion of GE Area A4 requirement and two additional courses in GE Areas A and B4.

19. Restricted to upper-division Kinesiology majors.

20. Completion of GE Areas A and B4 with grades of C- or better; enrollment in an activity course is recommended.

21. BIOL 212*, BIOL 323* or BIOL 328*, and KIN 384GW* or equivalents with grades of C- or better; GPA of 3.0 or higher, or consent of the instructor. Restricted to upper-division Kinesiology majors.

22. Restricted to upper-division Kinesiology majors; KIN 482* or consent of the instructor. Restricted to upper-division Kinesiology majors.

23. Restricted to upper-division standing; overall GPA of 3.0 or above; consent of the advisor and departmental instructor.

24. Upper-division Kinesiology majors, KIN 462, KIN 483, KIN 485, KIN 486, and KIN 504; or consent of the instructor. Enrollment priority given to graduating seniors.

25. Advisor approval.

26. Restricted to upper-division standing; GE Areas A1, A2, A3, and B4; or consent of the instructor.

27. KIN 480*, KIN 482*, or KIN 555*. Restricted to upper-division standing Kinesiology majors.

28. KIN 480* with a grade of C or better; or consent of the instructor. Restricted to upper-division Kinesiology majors.

29. KIN 480* with a grade of C- or better; or consent of the instructor. Restricted to upper-division Kinesiology majors.

30. Restricted to upper-division standing; KIN 250 with a grade of C or better, or consent of the instructor.

31. Restricted to upper-division standing; GE Areas A1, A2, A3, and B4.

32. KIN 536*, KIN 537 and KIN 537 recommended. Restricted to upper-division Kinesiology majors.

33. Completion of GE Areas A and B4 with grades of C- or better; enrollment in an activity course is recommended.

34. BIOL 212*, BIOL 323* or BIOL 328*, and KIN 384GW* or equivalents with grades of C- or better; GPA of 3.0 or higher, or consent of the instructor. Restricted to upper-division Kinesiology majors.

35. Completion of GE Area A4 requirement and two additional courses in GE Areas A and B4.

36. Restricted to upper-division Kinesiology majors.

37. KIN 110 or equivalent, KIN 480, KIN 482, KIN 483, or KIN 484 or consent of instructor.

38. Restricted to upper-division Kinesiology majors; KIN 482* and KIN 484* with grades of C- or better; or consent of the instructor.

39. KIN 255 (may be taken concurrently); fitness assessment; or consent of the instructor.

40. BIDS 100 and 101, or BIDS 212 and 213.

41. Restricted to Biology and Biochemistry majors and minors, Kinesiology majors, and Environmental Studies: Natural Resources Management and Conservation majors.

42. KIN 304 GW, KIN 482, KIN 483, and KIN 492. Prior completion of KIN 515 is strongly recommended. Attendance at MANDATORY meeting at the end of the semester WARNING to enrollment is required. Upper division standing or consent of instructor; completion of GE Area A4; two additional courses in GE Areas A and B4.

43. KIN 402*, KIN 403*, and KIN 404* or consent of the instructor. KIN 515 is strongly recommended. Attendance at MANDATORY meeting at the end of the semester WARNING to enrollment is required. Dates and times will be posted in the gymnasium. Restricted to upper-division Kinesiology majors.

44. KIN 402* or consent of instructor.

45. KIN 340*, KIN 345, and KIN 346 recommended. Restricted to upper-division standing Kinesiology majors.

46. Restricted to upper-division Kinesiology majors; KIN 250.
BACHELOR OF SCIENCE IN KINESIOLOGY: Concentration in Exercise and Movement Sciences (67-70 Units)

### Pre-requisites (14-15 units)

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 100</td>
<td>Human Biology</td>
<td>3 units</td>
</tr>
<tr>
<td>BIOL 230</td>
<td>Introduction to Biology</td>
<td>5 units</td>
</tr>
</tbody>
</table>

### Core Requirements (18 units)

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 101</td>
<td>Survey of Chemistry &amp; Survey of Chemistry Lab</td>
<td>3 units</td>
</tr>
<tr>
<td>CHEM 102</td>
<td>Principles of Human Physiology &amp; Human Physiology Lab</td>
<td>3 units</td>
</tr>
<tr>
<td>MATH 124</td>
<td>Elementary Statistics</td>
<td>3 units</td>
</tr>
<tr>
<td>BIOL 100</td>
<td>Human Biology Lab</td>
<td>1 unit</td>
</tr>
<tr>
<td>BIOL 101</td>
<td>Human Anatomy</td>
<td>4 units</td>
</tr>
<tr>
<td>BIOL 232</td>
<td>Human Anatomy</td>
<td>4 units</td>
</tr>
<tr>
<td>KIN 250</td>
<td>Introduction to Kinesiology</td>
<td>4 units</td>
</tr>
</tbody>
</table>

### Concentration Requirements (23-24 units)

**Social Science Emphasis**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 325</td>
<td>Computer Applications in Kinesiology</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 331</td>
<td>Peak Performance</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 437</td>
<td>Physical Dimensions of Aging</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 487</td>
<td>Motor Development</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 538</td>
<td>Therapeutic Exercise</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 539</td>
<td>Motor Assessment of Individuals with Disabilities</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 636</td>
<td>Neuromotor Control Processes</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 680</td>
<td>Quantitative Analysis of Human Performance</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 681</td>
<td>Muscle Mechanics</td>
<td>3 units</td>
</tr>
</tbody>
</table>

**Kinesiology**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 404</td>
<td>Sports and Exercise Psychology</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 486</td>
<td>Motor Learning</td>
<td>3 units</td>
</tr>
</tbody>
</table>

**Exercise Science Emphasis**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 255</td>
<td>Health-Related Fitness &amp; Wellness</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 322</td>
<td>Sport in America</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 331</td>
<td>Peak Performance</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 434</td>
<td>Sport-based Youth Development</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 437</td>
<td>Physical Dimensions of Aging</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 489</td>
<td>History/Philosophy of Physical Activity</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 490</td>
<td>Introduction to Sport and Fitness Management</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 502</td>
<td>Social and Sports Issues</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 510</td>
<td>Sport, Movement, and Screen Culture</td>
<td>3 units</td>
</tr>
</tbody>
</table>

**Area E: Lifelong Learning & Self-Development (LLD)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 100</td>
<td>Human Biology</td>
<td>1 unit</td>
</tr>
<tr>
<td>CHEM 102</td>
<td>Physical Science</td>
<td>3 units</td>
</tr>
<tr>
<td>PHYS 101</td>
<td>Conceptual Physics</td>
<td>3 units</td>
</tr>
<tr>
<td>PHYS 210</td>
<td>Physics Lab</td>
<td>1 unit</td>
</tr>
</tbody>
</table>

**Area D: Social Sciences**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 255</td>
<td>Health-Related Fitness &amp; Wellness</td>
<td>3 units</td>
</tr>
</tbody>
</table>

**Area B: Scientific Inquiry and Quantitative Reasoning**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHYS 101</td>
<td>Conceptual Physics</td>
<td>3 units</td>
</tr>
<tr>
<td>PHYS 210</td>
<td>Physics Lab</td>
<td>1 unit</td>
</tr>
</tbody>
</table>

**Upper Division General Education**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 355</td>
<td>Science, Sport, and Fitness</td>
<td>3 units</td>
</tr>
<tr>
<td>KIN 485</td>
<td>Biomechanics</td>
<td>3 units</td>
</tr>
</tbody>
</table>

### General Education Requirements Met in Major

#### Area B: Scientific Inquiry and Quantitative Reasoning

- Physical Science (B1) - 3 units
- PHYS 101 Conceptual Physics - 3 units
- PHYS 111 General Physics I - 3 units
- Life Sciences (B2) - 3 units
- BIOL 100 Human Biology - 1 unit
- BIOL 212 Principles of Human Physiology - 3 units
- CHEM 102 Survey of Chemistry Laboratory - 1 unit
- PHYS 102 Conceptual Physics Laboratory - 1 unit
- PHYS 112 General Physics I Laboratory - 1 unit
- Math/Quantitative Reasoning (B4) - 3 units
- MATH 124 Elementary Statistics - 3 units

#### Area D: Social Sciences

- Social Sciences (D1) - 3 units
- KIN 255 Health-Related Fitness & Wellness - 3 units

#### Area E: Lifelong Learning & Self-Development (LLD)

- BIOL 100 Human Biology - 1 unit
- CHEM 102 Physical Science - 3 units
- PHYS 101 Conceptual Physics - 3 units
- PHYS 210 Physics Lab - 1 unit

#### SF State Studies

- Environmental Sustainability (ES)
- KIN 255 Health-Related Fitness & Wellness
- Global Perspective (GP)
- KIN 255 Health-Related Fitness & Wellness
- KIN 331 Peak Performance

#### Student Learning Outcomes

- Emphasis Areas (11-12 units)
- Students must choose an emphasis area which accounts for 11-12 units in order to complete the degree program

- Movement Science Emphasis
  - KIN 325 Computer Applications in Kinesiology
  - KIN 331 Peak Performance
  - KIN 437 Physical Dimensions of Aging
  - KIN 487 Motor Development
  - KIN 538 Therapeutic Exercise
  - KIN 539 Motor Assessment of Individuals with Disabilities
  - KIN 636 Neuromotor Control Processes
  - KIN 680 Quantitative Analysis of Human Performance
  - KIN 681 Muscle Mechanics

- Social Science Emphasis
  - KIN 255 Health-Related Fitness & Wellness
  - KIN 322 Sport in America
  - KIN 331 Peak Performance
  - KIN 434 Sport-based Youth Development
  - KIN 437 Physical Dimensions of Aging
  - KIN 489 History/Philosophy of Physical Activity
  - KIN 490 Introduction to Sport and Fitness Management
  - KIN 502 Social and Sports Issues
  - KIN 510 Sport, Movement, and Screen Culture

- Exercise Science Emphasis
  - KIN 310 Youth Development Instructional Analysis
  - KIN 314 Theory and Application of Fitness Training
  - KIN 437 Physical Dimensions of Aging
  - KIN 490 Introduction to Sport and Fitness Management
  - KIN 538 Therapeutic Exercise
  - KIN 555 Exercise Testing and Prescription
  - KIN 681 Muscle Mechanics
  - KIN 683 Applied Exercise Physiology
  - KIN 690 Internship

**Areas:**

- Area A: Physical Sciences (B1) - 3 units
- Area B: Scientific Inquiry and Quantitative Reasoning (B2) - 3 units
- Area C: Social Sciences (D1) - 3 units
- Area E: Lifelong Learning & Self-Development (LLD) - 3 units
- SF State Studies - 3 units

**Major Requirements:**

- General Education Requirements Met in Major
- Emphasis Areas (11-12 units)
- Movement Science Emphasis
- Social Science Emphasis
- Exercise Science Emphasis

**Double-counting:**

- General Education Requirements Met in Major
- Areas
- Emphasis Areas
- Movement Science Emphasis
- Social Science Emphasis
- Exercise Science Emphasis

**Legend:**

- This course may not be substituted
- This course may be substituted with a relevant course
- Units
- Course Prerequisites

---

**Additional Note:**

- SF State Studies area is met by major requirements.
- Emphasis areas provide additional focus to the major.
- Double-counting refers to courses that meet both major and general education requirements.

---

**General Education Requirements Met in Major:**

- Area A: Physical Sciences
- Area B: Scientific Inquiry and Quantitative Reasoning
- Area C: Social Sciences
- Area E: Lifelong Learning & Self-Development
- SF State Studies

**Course Substitution:**

- Students may substitute relevant courses with others as specified in the course descriptions.

**Duplicate Use of Credit:**

- Courses that meet both GE and major requirements are referred to as "duplicate use of credit."