

BACHELOR OF SCIENCE IN KINESIOLOGY: Concentration in Exçercise and Movement Sciences (67-70 Units)

1 Pre-requisites Requirements (22– 24 units)

BIOL 100 Human Biology (3 units) [25]	BIOL 101 Human Biology Lab (1 unit)	CHEM 101 Survey of Chemistry (3 units) [9]	CHEM 102 Survey of Chemistry Lab (1 unit)
OR		OR	
BIOL 230 Introduction to Biology (5) [41]		CHEM 115 General Chemistry I (5 units) [12]	

Select one:
ETHS 116 Algebra & Statistics for Social Justice (3 units) [48]
ETHS 117 Statistics for Social Justice (3 units) [48]
ISED 160 Data Analysis in Education (3 units) [49]
MATH 124 Elementary Statistics (3 units) [3]
PSY 171 Quantitative Reasoning in Psychology (3 units) [49]

BIOL 212 Principles of Human Physiology (3 units) [10]	BIOL 220 Principles of Human Anatomy (4 units) [40]	KIN 250 Introduction to Kinesiology (3 units) [4]
OR		
BIOL 213 Principles of Human Physiology Lab (1 unit) [11]	BIOL 328 Human Anatomy (4 units) [2]	

2 Core Requirements (18 units)

KIN 384 GW Research Methods GWAR (3 units) [19]	KIN 480 Anatomical Kinesiology (4 units) [7]	KIN 457 Culture, Gender, and Movement (3 units) [6]
	KIN 486 Motor Learning (3 units) [8]	KIN 482 Exercise Physiology (3 units) [17]

3 Concentration Requirements (14 units)

PHYS101 Conceptual Physics (3 units) [14]	PHYS102 Conceptual Physics Lab (1 unit)	KIN 404 Sports and Exercise Psychology (3 units) [8]	KIN 485 Biomechanics (3 units) [20]	KIN 697 Integrative Research Seminar (2 units) [21]	KIN 699 Independent Study (3 units) [23]	KIN 696 Kinesiology Community Internship (3 units) [24]
OR		OR		OR		
PHYS111 General Physics I (3 units) [15]	PHYS112 General Physics I Lab (1 unit) [16]	KIN 483 Exercise Physiology Lab (1 unit) [18]	KIN activity course (1 unit)	KIN 698 Senior Research Project (1 unit) [22]		

4 Electives (12 units)

Students must take 12 units of electives. Groupings of electives in three focus areas are provided below, but other groups are possible, and students should meet with an advisor to select electives that align with their career path. The **movement science area** focuses on the factors that influence the neuromotor control, learning, relearning, and development of motor skills and analysis; The **social science area** focuses on the socio-cultural and psychological factors that serve to constrain and define human movement, fitness, and physical activity; The **exercise science area** focuses on the physiology of exercise, fitness and health, exercise prescription, and fitness programming in healthy adults, youth, elderly, and clinical populations. **CR/NC is not accepted for any course in the Kinesiology major.**

Movement Science Focus Area

KIN 325 Computer Applications in Kinesiology (3) [30]
KIN 437 Physical Dimensions of Aging (3) [34]
KIN 487 Motor Development (3) [26]
KIN 539 Motor Assessment of Individuals w/ Disabilities (3) [32]
KIN 636 Neuromotor Control Processes (3) [29]
KIN 680 Musculoskeletal Biomechanics & Human Movement (3) [28]

Social Science Focus Area

KIN 322 Sport in America (3) [31]
KIN 331 Peak Performance (3) [31]
KIN 434 Sport-based Youth Development (3) [47]
KIN 489 History/Philosophy of Physical Activity (3) [30]
KIN 502 Sport & Social Issues (3) [31]
KIN 510 Sport, Movement & Screen Culture (3) [31]

Exercise Science Focus Area

KIN 310 or KIN 312 Youth Development Instructional Analysis I / II (3) [45]
KIN 490 Introduction to Sport & Fitness Management (3) [36]
KIN 538 Therapeutic Exercise (3) [27]
KIN 555 Exercise Testing and Prescription (3) [37]
KIN 683 Advanced Exercise Physiology (3) [38]
KIN 690 Internship (3) [42]

General Education Requirements Met in Major | Below are lists of courses that meet both GE and major requirements. This is referred to as “duplicate use of credit” or “double-counting.”

LEGEND

- This course may not be substituted
- This course may be substituted with a relevant course
- () Units
- [] Course Prerequisites

1A, 1B, 1C: Comm. Comp. & Critical Thinking: 9 units

None

2: Math & Quantitative Reasoning B4: 3 units

MATH124 Elementary Statistics
ETHS 116 Algebra & Statistics for Social Justice
ETHS 117 Statistics for Social Justice
ISED 160 Data Analysis in Education
PSY 171 Quantitative Reasoning in Psychology

3A & 3B: Arts and Humanities: 6 units

None

4: Social & Behavioral Sciences: 6 units

None

5A: Physical Science: 3 units

PHYS101 Conceptual Physics
CHEM101 Survey of Chemistry
PHYS111 General Physics I

5B: Biological Sciences: 3 units

BIOL 100 Human Biology
BIOL 212 Principles of Human Physiology
BIOL 220 Principles of Human Anatomy
BIOL 328 Human Anatomy

5C: Laboratory: 1 unit

BIOL 101 Human Biology Laboratory
CHEM102 Survey of Chemistry Laboratory
PHYS102 Conceptual Physics Laboratory
PHYS112 General Physics I Laboratory

6: Ethnic Studies: 3 units

None

Environmental Sustainability and Climate Action (ESCA): 3 units

None

Global Perspective (GP): 3 units

KIN 331 Peak Performance
KIN 457 Culture, Gender, and Movement
KIN 510 Sports, Movement and Screen Culture

Social Justice (SJ): 3 units

KIN 331 Peak Performance
KIN 502 Sport and Social Issues
KIN 510 Sports, Movement and Screen Culture
ETHS 116 Algebra & Statistics for Social Justice
ETHS 117 Statistics for Social Justice

American Ethnic & Racial Minorities (AERM): 3 units

KIN 502 Sport and Social Issues

Upper Division General Education

2: Mathematical Concepts/Quantitative Reasoning or 5: Upper Division Science: 3 units

KIN 355 Science, Sport, and Fitness
KIN 487 Motor Development

3: Arts or Humanities: 3 units

KIN 510 Sports, Movement and Screen Culture

4: Social & Behavioral Sciences: 3 units

KIN 331 Peak Performance
KIN 502 Sport and Social Issues

NOTE: Prerequisites are subject to change. For the most up-to-date prerequisites, please visit SFSU's bulletin page.

1. 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; BIOL 230 with a grade of C- or better; or consent of the instructor.

3. First-Year Math Advising Module. Students who elect to take additional support should concurrently enroll in [MATH 123](#).

4. Completion of GE Areas B4 requirements with grades of Cor better; priority given to undeclared with interest in KIN or declared KIN major.

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

6. KIN 384GW*; Restricted to upper-division Kinesiology majors;

7. BIOL 220 or BIOL 328 or equivalent with a grade of Cor better; KIN 384GW* (may be taken concurrently). Restricted to upper-division Kinesiology majors

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

9. Category I or II placement for QR/Math, Category III or IV placement for QR/Math must have completed MATH 197 with a grade of Cor better
10. CHEM 101 or CHEM 115, BIOL 100 and BIOL 101 or BIOL 210, all with grades of Cor better. Intended for non-Biology majors.

11. BIOL 212 (may be taken concurrently).

12. Category I or II placement for QR/Math, or ELM score of 50 or higher or exemption, or MATH 70 or ESM 70 with a grade of Cor better. Category III or IV for QR/ Math placement or students who have not completed MATH 70 with a grade of Cor better must have completed MATH 197 with a grade of Cor better or have satisfied the B4 requirement. Satisfactory score on the Chemistry readiness assessment. CHEM 100 is recommended for students needing additional preparation for the assessment and CHEM 115.

13. Category I or II placement for QR/Math, or completion of GE Area B4, or MATH 197.

14. Must be taken concurrently with PHYS 101.

15. MATH 198 or MATH 199 or equivalent with a grade of C-minus or higher. Concurrent enrollment in PHYS 112 required. If pre-calculus was completed in high school, the online Math Preparation for Physics mini-course is required; see the Department of Physics & Astronomy website for details.

16. Must be taken concurrently with PHYS 111.

17. BIOL 212*, or equivalent, KIN 240 or KIN 250, and KIN 384GW*. Restricted to upper-division Kinesiology majors.

18. BIOL 212* and BIOL 213* or equivalents with grades of Cor better; KIN 384GW*; or consent of the instructor. Concurrent enrollment in KIN 482. Restricted to Upper-division Kinesiology majors.

19. Restricted to upper-division Kinesiology majors; GE Area A2; KIN 240* or KIN 250* (may be taken concurrently) and MATH 124* or equivalent with grades of Cor better.

20. PHYS 101 and PHYS 102 or PHYS 111 and PHYS 112; KIN 384GW or equivalent; KIN 480*; all with grades of Cor better. Restricted to upper-division Kinesiology majors.

21. Restricted to upper-division Kinesiology majors; Concurrent enrollment in KIN 698; or consent of the instructor. Enrollment priority given to graduating seniors.

22. Restricted to upper-division Kinesiology majors; concurrent enrollment in KIN 697; or consent of the instructor. Enrollment priority given to graduating seniors.

23. Restricted to upper-division standing; overall GPA of 3.0 or above; consent of the associate chair and supervising instructor.

24. Upper-division Kinesiology majors; KIN 482, KIN 483, KIN 485, KIN 486, and KIN 504; or consent of the instructor. Enrollment priority given to graduating seniors.
25. Intended for non-biology majors.

26. Restricted to upper-division standing; GE Area B4; or consent of the instructor.

27. KIN 480*; KIN 482* or KIN 355*. Restricted to upper-division standing Kinesiology majors.

28. KIN 485* with a grade of Cor better; or consent of the instructor. Restricted to upper-division Kinesiology majors.

29. KIN 486* with a grade of Cor better; or consent of the instructor. Restricted to upper-division Kinesiology majors.

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

31. Restricted to upper-division standing; GE Area B4.

32. KIN 384GW*; KIN 536 and KIN 537 recommended. Restricted to upper-division Kinesiology majors.

33. Completion of GE Area B4 with grades of Cor better; enrollment in an activity course is recommended.

34. BIOL 212*; BIOL 220* or BIOL 328*, and Kin 384GW* or equivalents with grades of Cor better; GPA of 3.0 or higher; or consent of the instructor. Restricted to upper-division Kinesiology majors.

35. Upper division standing or consent of instructor; 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 189 or equivalent, KIN 480, KIN 482, & KIN 483 or consent of instructor.

38. Restricted to upper-division Kinesiology majors; KIN 482* and KIN 483* with grades of Cor better; or consent of the instructor.

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

40. BIOL 100 and 101, or BIOL 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 384 GWAR, KIN 482, KIN 483, and KIN 490. Prior completion of KIN 555 is strongly recommended. Attendance at MANDATORY meeting at the end of the semester PRIOR 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 482, KIN 483, and KIN 490; or consent of the instructor. KIN 555 is strongly recommended. Attendance at MANDATORY meeting at the end of the semester PRIOR to enrollment is required. Dates and times will be posted in the gymnasium. Restricted to upper-division Kinesiology majors.

44. KIN 250 or consent of instructor

45. KIN 240 and KIN 384GW or consent of the instructor.

46. KIN 240*, KIN 310, and KIN 384GW*; or consent of the instructor. Restricted to Kinesiology majors; upper-division standing.

47. Restricted to Kinesiology Majors; KIN 250

48. Category III or IV placement for QR/Math or students who have not passed MATH 70 or ESM 70 with C or better.

49. First-year math advising module. Students who elect to take additional support should concurrently enroll in [MATH 122](#)



College of Health & Social Sciences
Department of Kinesiology

BACHELOR OF SCIENCE IN KINESIOLOGY Concentration in Exercise and Movement Sciences

Updated Fall 2025

The Exercise and Movement Sciences concentration prepares students for advanced study in a number of exercise and movement related fields. This degree concentration examines Kinesiology from the perspectives of exercise physiology; biomechanics; motor learning and development; and the psychological and the social-cultural aspects of physical activity. The programmatic approach is multidisciplinary and invites study in the physical, biological and social sciences, psychology, philosophy, and communication. The degree program examines those factors that influence the form, function, and effectiveness of exercise and movement across the lifespan and for the disabled.

This degree concentration will prepare students who wish to become exercise physiologists or fitness specialists in clinical, research, educational, or business settings, or who seek careers in physical or occupational therapy, biomechanics, motor learning and development, and ergonomics. Students will also be prepared for advanced study in such fields as sport history, sport sociology, sport and exercise psychology, and at-risk youth development. In addition, students who wish to pursue graduate studies in these areas will be well prepared to do so. Students will also be ready to pursue endeavors in the private sector.

Undergraduate students interested in pursuing a master's degree in kinesiology should speak to their academic advisor after completing core requirements in the program (KIN 384, KIN 457, KIN 480, KIN 486, and KIN 482).

Please visit the following site for additional information on our Bachelor of Science in Kinesiology: Concentration in Exercise and Movement Sciences:
<https://bulletin.sfsu.edu/colleges/health-social-sciences/kinesiology/bs-kinesiology-concentration-exercise-movement-sciences/>

Department of Kinesiology | San Francisco State University | 1600 Holloway Ave.- Gym 101 | San Francisco, CA 94132-4161
Hours: Monday-Friday 8am-5pm | Email: kinesiol@sfsu.edu | Phone: (415) 338-2244 | Fax: (415) 338-7566

NOTE: Prerequisites are subject to change. For the most up-to-date prerequisites, please visit SFSU's bulletin page.

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