

SFSU Kinesiology - Exercise Physiology Pathway

KIN 124 - Introduction to Strength and Conditioning is the jumping-off point: an early applied course that begins the proposed 22-unit Undergraduate Certificate in Exercise Physiology and connects students to the B.S. in Exercise & Movement Sciences, ACSM credentials, graduate training, and careers.

Kinesiology Student Stage	Key Coursework	Degree / Program Progression	Optional ACSM Certifications	Professional Experiences	Potential Jobs & Careers
LOWER DIVISION 100-200 level Freshman-Sophomore	KIN 124 - Introduction to Strength and Conditioning [GATEWAY] KIN 189 - Weight Training: Beginners Only (less experienced) KIN 191 - Individualized Weight Training (more experienced) KIN 250 - Introduction to Kinesiology (required for B.S.) Other Required Coursework: anatomy, physiology, biology, and chemistry	Entry into Kinesiology -> B.S. Kinesiology: Exercise & Movement Sciences. Proposed 22-unit Undergraduate Certificate in Exercise Physiology begins with KIN 124.	ACSM-GEI® Certified Group Exercise Instructor ACSM-CPT® Certified Personal Trainer	Begin coaching/training • campus recreation/fitness experience • explore research labs • observe fitness and healthcare careers	Personal Trainer • Group Fitness Instructor • Fitness Floor Staff • Strength & Conditioning Assistant • Physical Therapy Aide/Tech • Recreation/Fitness Staff • Youth Sport Coach
UPPER DIVISION 300-600 level Junior-Senior	KIN 314 - Principles of Strength and Conditioning (supporting pathway course) KIN 404 - Sport and Exercise Psychology KIN 480 - Anatomical Kinesiology KIN 482 - Exercise Physiology KIN 483 - Exercise Physiology Laboratory KIN 555 - Exercise Testing and Prescription KIN 683 - Advanced Exercise Physiology KIN 690 - Internship in Kinesiology	Complete B.S. Exercise & Movement Sciences + proposed 22-unit Undergraduate Certificate in Exercise Physiology pathway. Potential SF State Scholars B.S. + M.S. pathway.	ACSM-EP® Certified Exercise Physiologist ACSM specialty certificate programs may complement this pathway.	Research lab involvement • internships • exercise testing/prescription • community health • conferences • graduate/professional school preparation	Exercise Physiologist • Fitness/Wellness Specialist • Corporate Wellness Specialist • Strength & Conditioning Coach/Assistant • Exercise Testing Technician • Research Assistant • Health/Fitness Coordinator
GRADUATE 700-800 level	KIN 742 - Exercise and Cardiovascular Dynamics KIN 746 - Clinical Exercise Physiology KIN 755 - Exercise Electrocardiography, Testing, and Prescription KIN 781 - Muscle Physiology	M.S. Kinesiology at SFSU + Graduate Certificate in Exercise Physiology.	ACSM-CEP® Certified Clinical Exercise Physiologist Maintain/advance ACSM credentials as appropriate.	Graduate research • thesis/project • clinical experience • teaching • publications/presentations • mentoring	Clinical Exercise Physiologist • Cardiac/Pulmonary Rehabilitation • Clinical Exercise Specialist • Research Coordinator • Laboratory Manager • University Instructor • Advanced Wellness/Performance Specialist
BEYOND SFSU Doctoral / Medical / Professional	- PhD coursework / research training - Medical or allied-health professional education - Advanced clinical or professional training	PhD • MD/DO • DPT • PA • other advanced professional pathways.	Profession-specific licensure, board certification, and/or advanced ACSM credentials as appropriate.	Independent research • clinical practice • university teaching • leadership • mentorship	Professor/Scientist • Physician • Physical Therapist • Physician Assistant • Clinical Researcher • Exercise Physiology Faculty • Healthcare/Research Leadership

PROPOSED UNDERGRADUATE CERTIFICATE IN EXERCISE PHYSIOLOGY 22 UNITS

Required sequence: KIN 124 (2) • KIN 404 (3) • KIN 480 (4) • KIN 482 (3) • KIN 483 (1) • KIN 555 (3) • KIN 683 (3) • KIN 690 (3)
All certificate courses must be completed with a minimum GPA of 2.0. KIN 314 supports the pathway but is not part of the 22-unit certificate.

GRADUATE CERTIFICATE IN EXERCISE PHYSIOLOGY 12 UNITS

Current SFSU program: KIN 742 - Exercise and Cardiovascular Dynamics (3) • KIN 746 - Clinical Exercise Physiology (3) • KIN 755 - Exercise Electrocardiography, Testing, and Prescription (3) • KIN 781 - Muscle Physiology (3)