

KINESIOLOGY

Exercise Science Option, B.S. (120 Units)

Valid for Catalog Years: 2018/2019 to 2019/2020

*Official planning guide approved by the College of Health & Human Services

For assistance or to schedule an advising appointment, please contact the **Department of Kinesiology** at 559-278-2016, South Gym 112
HHS Advising and Career Development Center:
559-278-5027, McLane Hall 194

Units	Freshman		Sophomore		Junior		Senior	
	Fall 15-18	Spring 15-20	Fall 14-15	Spring 14-15	Fall 15-20	Spring 15	Fall 15	Spring 15
Milestones					Clinical: CHEM 1A or 3A, BIOL 1A	Clinical: BIOL 67A; Non-clinical: KINES 35 or BIOL 33	KINES 32, Clinical: BIOL 67B	KINES 116, KINES 118, KINES 121, KINES 137, KINES 163, Apply for graduation, Cumulative GPA >2.0, No grade below C in all required courses, , All major electives
General Education	A1 (3 Units) Oral Communication *Must pass with a C or better	A3 (3 Units) Critical Thinking *Must pass with a C or better	C1/C2 (3-4 Units) Arts or Humanities	D2 (3 Units) American Government	ID (3-4 Units) Social, Political, & Economic Institutions			
	A2 (3 Units) Written Communication *Must pass with a C or better	C2 (3-4 Units) Humanities	D1 (3 Units) American History	IB (3 Units) Physical Universe & Its Life Forms				
	B2 (3-4 Units) Life Sciences *BIOL 1A or 10 recommended	D3 (3 Units) Social Science		IC (3-4 Units) Arts & Humanities				
	B4 (3-4 Units) Quantitative Reasoning *Must pass with a C or better	B1 (3-4 Units) Physical Sciences *CHEM 1A or 3A recommended						
	C1 (3-4 Units) Arts	B3 (0-3 Units) Lab						

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	Fall 15-18	Spring 15-20	Fall 14-15	Spring 14-15	Fall 15-20	Spring 15	Fall 15	Spring 15
Major		KINES 1 (3 Units)	GE Area E KINES 32 & KAC Course (3 Units) Lifelong Understanding & Self Development	BIOL 67B (4 Units) [Pre-Req: BIOL 67A (C or better)] *Not open to students with credit in BIOL 33, 64, or 65	KINES 33 (3 Units)	KINES 121 (3 Units) [Pre-Req: KINES 32]	KINES 137 (3 Units) [Pre-Req: BIOL 64 or PHTH 119]	KINES 165 (3 Units) [Pre-Req: May be taken concurrently: KINES 118; KINES 116 or 137]
			BIOL 67A (4 Units) [C or better in BIOL 20 or BIOL 1A & CHEM 1A (or CHEM 3A if allowed by major)] *Not open to students with credit in BIOL 33, 64, or 65	KAC Course (1 Unit) or ATHL 100 (1 Unit) [Pre-Req: Enrolled in a varsity team sport]	KINES 116 (3 Units) [Pre-Req: KINES 35, BIOL 33, BIOL 64, PHTH 119, or PHTH 125]	KINES Elective	KINES 119 (3 Units) [Pre-Req: KINES 118 (may be taken concurrently)]	KINES 167 (3 Units) [Pre-Req: May be taken concurrently: KINES 116, 118]
			KAC Course (1 Unit) or ATHL 100 (1 Unit) [Pre-Req: Enrolled in a varsity team sport]		KINES 118 (3 Units) [Pre-Req: KINES 35, BIOL 33, (BIOL 64 & 65), or (PHTH 119 & BIOL 65)]	KINES Elective	KINES 163 (3 Units) [Pre-Req: KINES 32; KINES 118 (may be taken concurrently)]	KINES Elective
						KINES 109 (3 Units) or KINES 110 (3 Units)	KINES Elective	KINES Elective

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	Freshman		Sophomore		Junior		Senior	
	Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring
Units	15-18	15-20	14-15	14-15	15-20	15	15	15
Major						KINES Elective	KINES Elective	KINES Elective
Additional Graduation Requirements					UDWS (0-4 Units) *Upper Division Writing Exam OR "W" Course (must pass with a C or better)			
					MI (3 Units) Multicultural/International			

FOOTNOTES:

Prerequisites/Corequisites: Other restrictions may apply. Please see your course catalog for detailed prerequisite/corequisite requirements.

Grade Requirements: CR/NC grading is not permitted in courses for the Kinesiology major, except in those courses which are designated CR/NC grading only. A grade of C or higher in all required coursework is necessary for successful completion of the major. Any course required as a prerequisite must be completed with a grade of C or better before registration in the subsequent course. Exercise Science students who fail a course (D or F) in the Kinesiology core may retake the class for a second time. If they earn a failing grade (D or F) a second time, they will not be allowed to petition to repeat the course for a third time. These students will not be able to complete the Kinesiology - Exercise Science Option requirements and will be required to declare a new major.

General Education: Units in this area may be used toward a minor (see departmental minors) or supplemental credential. Consult the appropriate department chair, program coordinator, or faculty adviser for further information.

Electives (0-2 units): Units in this area may be used toward a double major or minor. Students must earn a minimum of 120 units total to graduate. The number of required elective units may vary, depending on the amount of units earned from major and GE courses.

KINES Electives (24 units): See course catalog for a list of approved KINES Electives for the Kinesiology - Exercise Science Option.

Upper Division Writing Skills requirement (UDWS): All undergraduate students must demonstrate competency in writing skills by passing the Upper Division Writing Exam (UDWE) or by obtaining a C or better in an approved upper division writing course, identified by the letter "W."

Substitutions: If substitutions/exceptions/waivers are made for any major courses that also meet GE and/or the Multicultural/International graduation requirement, the student is responsible for completing additional courses to satisfy the respective areas (GE and/or MI). This also includes the upperdivision writing requirement.

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	Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring
	15-18	15-20	14-15	14-15	15-20	15	15	15
Milestones					Clinical: CHEM 1A or 3A, BIOL 1A	Clinical: BIOL 67A; Non-clinical: KINES 35 or BIOL 33	KINES 32, Clinical: BIOL 67B	KINES 116, KINES 118, KINES 121, KINES 137, KINES 163, Apply for graduation, Cumulative GPA >2.0, No grade below C in all required courses, , All major electives
General Education	A1 (3 Units) Oral Communication *Must pass with a C or better	A3 (3 Units) Critical Thinking *Must pass with a C or better	C1/C2 (3-4 Units) Arts or Humanities	D2 (3 Units) American Government	ID (3-4 Units) Social, Political, & Economic Institutions			
	A2 (3 Units) Written Communication *Must pass with a C or better	C2 (3-4 Units) Humanities	D1 (3 Units) American History	IB (3 Units) Physical Universe & Its Life Forms	MI (3 Units) Multicultural/International			
	B2 (3-4 Units) Life Sciences *BIOL 1A or 10 recommended	D3 (3 Units) Social Science		IC (3-4 Units) Arts & Humanities				
	B4 (3-4 Units) Quantitative Reasoning *Must pass with a C or better	B1 (3-4 Units) Physical Sciences *CHEM 1A or 3A recommended						
	C1 (3-4 Units) Arts	B3 (0-3 Units) Lab						

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Major		KINES 1 (3 Units)	GE Area E KINES 32 & KAC Course (3 Units) Lifelong Understanding & Self Development	BIOL 67B (4 Units) [Pre-Req: BIOL 67A (C or better)] *Not open to students with credit in BIOL 33, 64, or 65	KINES 33 (3 Units)	KINES 121 (3 Units) [Pre-Req: KINES 32]	KINES 137 (3 Units) [Pre-Req: BIOL 64 or PHTH 119]	KINES 165 (3 Units) [Pre-Req: May be taken concurrently: KINES 118; KINES 116 or 137]
			BIOL 67A (4 Units) [C or better in BIOL 20 or BIOL 1A & CHEM 1A (or CHEM 3A if allowed by major)] *Not open to students with credit in BIOL 33, 64, or 65	KAC Course (1 Unit) or ATHL 100 (1 Unit) [Pre-Req: Enrolled in a varsity team sport]	KINES 116 (3 Units) [Pre-Req: KINES 35, BIOL 33, BIOL 64, PHTH 119, or PHTH 125]	KINES Elective	KINES 119 (3 Units) [Pre-Req: KINES 118 (may be taken concurrently)]	KINES 167 (3 Units) [Pre-Req: May be taken concurrently: KINES 116, 118]
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Units	15-18	15-20	14-15	14-15	15-20	15	15	15
						KINES Elective	KINES Elective	KINES Elective
Electives					UDWS (0-4 Units) *Upper Division Writing Exam OR "W" Course (must pass with a C or better)			

FOOTNOTES:

Prerequisites/Corequisites: Other restrictions may apply. Please see your course catalog for detailed prerequisite/corequisite requirements.

Grade Requirements: CR/NC grading is not permitted in courses for the Kinesiology major, except in those courses which are designated CR/NC grading only. A grade of C or higher in all required coursework is necessary for successful completion of the major. Any course required as a prerequisite must be completed with a grade of C or better before registration in the subsequent course. Exercise Science students who fail a course (D or F) in the Kinesiology core may retake the class for a second time. If they earn a failing grade (D or F) a second time, they will not be allowed to petition to repeat the course for a third time. These students will not be able to complete the Kinesiology - Exercise Science Option requirements and will be required to declare a new major.

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	A2 (3 Units) Written Communication *Must pass with a C or better	C2 (3-4 Units) Humanities	D1 (3 Units) American History	B3 (0-3 Units) Lab	MI (3 Units) Multicultural/International			
	B2 (3-4 Units) Life Sciences *BIOL 1A or 10 recommended	D3 (3 Units) Social Science		D2 (3 Units) American Government				
	B4 (3-4 Units) Quantitative Reasoning *Must pass with a C or better			IB (3 Units) Physical Universe & Its Life Forms				
	C1 (3-4 Units) Arts			IC (3-4 Units) Arts & Humanities				
Major		BIOL 64 (3 Units) *Not open to students with credit in BIOL 33	GE Area E KINES 32 & KAC Course (3 Units) Lifelong Understanding & Self Development	KAC Course (1 Unit) or ATHL 100 (1 Unit) [Pre-Req: Enrolled in a varsity team sport]	KINES 33 (3 Units)	KINES 121 (3 Units) [Pre-Req: KINES 32]	KINES 137 (3 Units) [Pre-Req: BIOL 64 or PHTH 119]	KINES 165 (3 Units) [Pre-Req: May be taken concurrently: KINES 118; KINES 116 or 137]

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Major		KINES 1 (3 Units)	BIOL 65 (5 Units) *Not open to students with credit in BIOL 33		KINES 116 (3 Units) [Pre-Req: KINES 35, BIOL 33, BIOL 64, PHTH 119, or PHTH 125]	KINES Elective	KINES 119 (3 Units) [Pre-Req: KINES 118 (may be taken concurrently)]	KINES 167 (3 Units) [Pre-Req: May be taken concurrently: KINES 116, 118]
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