

**Bachelor of Science in Kinesiology**

**Exercise Science Concentration**

# **LOWER DIVISION CORE** Units Year Grade

KINS 165 Foundations of Kinesiology 3

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BIO 104 General Biology (GE Area B) 3 \_\_\_\_\_\_ \_\_\_\_\_\_

Or BIO 105 Principles of Biology (GE Area B) 4 \_\_\_\_\_\_ \_\_\_\_\_\_

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\*ZOO 113 Human Physiology 4 \_\_\_\_\_\_ \_\_\_\_\_\_

\*ZOO 270 Human Anatomy 4 \_\_\_\_\_\_ \_\_\_\_\_\_

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\*CHEM 109 General Chemistry (GE Area B) 5

Or KINS 287 Scientific Foundations 3

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HED 120 Respond to Emergencies CPRFPR 1

HED 231 Basic Nutrition 3

### UPPER DIVISION CORE

\*KINS 379 Exercise Physiology 4

KINS 385 Adapted Physical Activity 3

\*KINS 386 Structural Kinesiology 4

HED 392 Community and Population Health 3

KINS 483 Evaluation Techniques 3

KINS 484 Motor Development/Learning 3

\*KINS 492 Senior Seminar 3

(Core 44-47 units)

**\*Prerequisites required for these courses.**

#### EXERCISE SCIENCE Concentration REQUIREMENTS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| KINS 339 Group Exercise **OR** KINS 325 Health Exercise **OR** PE 158 | 2 |  |  |  |
| HED 342 Nutrition for Athletic Performance | 3 |  |  |  |
| \*KINS 425 Strength and Conditioning | 3 |  |  |  |
| KINS 456A Fitness Assessment and Prescription 1 | 4 |  |  |  |
| KINS 456B Fitness Assessment and Prescription 2 | 4 |  |  |  |
| KINS 460 HPL Techniques | 1 |  |  |  |
| Select 6 units of upper-division courses with advisor approval | 3 |  |  |  |
|  | 3 |  |  |  |
| \*\*KINS 482 Internship | 7 |  |  |  |

(30 units)

**\*Prerequisites required for these courses.**

**\*\* Must complete all other Major coursework prior to internship**

**KEY PREREQUISITE SEQUENCE**

**Senior Year**

KINS 492 (Senior Seminar)

ZOOL 270 (Human Anatomy)

BIO 104 or 105

(General Bio)

ZOOL 113 (Human Phys)

KINS 425

(Strength & Cond)

KINS 379 (Exer Phys)

KINS 482 (F/S/Sum) (Internship)

KINS 456A (Assessment/Ex Rx)

KINS 386 (Struct Kines)

KINS 456B (Assessment/Ex Rx)

KINS 460 (HPL Lab Tech)

**Freshmen Year**

**Sophomore Year**

KIN 287/CHEM 109 (Sci. Found/Gen. Chem)

**Junior Year**

**\*HED 120 and/or valid CPR/AED Certification Required to take KINS 456A, KINS 456B, and KINS 460. HED 120 can be waived for CPR/AED Certification (check with advisor)**

**PREREQUISITES:**

|  |  |
| --- | --- |
| **Courses** | **Required Pre-Requisite** |
| **ZOOL 113** | BIOL 104 |
| **KINS 379** | ZOOL 113, CHEM 109 or KINS 287 |
| **KINS 425** | KINS 379 OR KINS 386 |
| **KINS 456A** | HED 120, KINS 379 |
| **KINS 456B** | HED 120, KINS 379 |
| **KINS 460** | HED 120, KINS 456A, KINS 456B |
| **KINS 483** | Junior Standing or Instructor Approval |
| **KINS 492** | Senior Standing |
| **KINS 482** | Completion of all kinesiology and exercise science option courses |

**IMPORTANT NOTES:**

* Earning a C- or better is required for BIO 104 and all required courses for the major that have a ZOOL, KINS, REC, or HED prefix (or their equivalent)
* Certification Exams:
  + *Certified Exercise Physiologist* (EP-C) or *Certified Personal Trainer* (CPT) exam: Students interested in sitting for the EP-C exam through the American College of Sports Medicine or the CPT exam through the National Strength and Conditioning Association are advised to take KINS 456A, KINS 456B, and obtain experience in the field.
* *Certified Strength and Conditioning Specialist* (CSCS) exam: Students interested in sitting for the CSCS exam through the National Strength and Conditioning Association are advised to take KINS 425 and obtain experience in the field.
* Successful completion of these courses does not guarantee that students will pass these certification exams; additional study will be required.

\*Note: Students should consult with their academic advisor each semester for recent modification to the above.