

KINESIOLOGY

Exercise Science, B.S. (120 Units)

Valid for Catalog Years: 2025/2026 to Current

Kinesiology Core Lower Division Requirements	9 Units <input type="checkbox"/>
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KINES 1: Introductory Principles and Techniques for Physical Fitness Development (3) _____

KINES 32: Lifetime Fitness and Wellness (2) (L/S) _____

AND Concurrent Enrollment in any Kinesiology Activity Course (1) _____

KINES 33: Foundation of Sport Exercise Psychology (3) _____

Exercise Science Tier 1 (Lower Division) Requirements	5 - 8 Units <input type="checkbox"/>
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BIOL 67A: Human Anatomy & Physiology I (*Pre-Requisite*: BIOL 1A & CHEM 1A [or 3A]; *OR* BIOL 20) (4) **AND** _____

BIOL 67B: Human Anatomy & Physiology II (*Pre-Requisite*: BIOL 67A) (4) _____

OR BIOL 33: Introductory Human Anatomy and Physiology (Non-Clinical Route *ONLY*) (5) _____

Exercise Science Tier 2 (Upper Division) Requirements	6 Units <input type="checkbox"/>
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KINES 116: Fundamentals of Biomechanics (3) (*Pre-Requisite*: BIOL 33 *OR* BIOL 67A) _____

KINES 118: Fundamentals of Exercise Physiology (3) (*Pre-Requisite*: BIOL 33 *OR* BIOL 67A & BIOL 67B) _____

Exercise Science Tier 3 Requirements (Senior Standing [90+ Units] Required)	12 Units <input type="checkbox"/>
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KINES 119: ECG and Clinical Exercise Physiology (3) (*Pre-Requisite*: KINES 118; *can be taken concurrently*) _____

KINES 163: Fitness and Wellness (3) (*Pre-Requisite*: KINES 32 & KINES 118; *can be taken concurrently*) _____

KINES 165: Performance Related Fitness (3) (*Pre-Requisite*: KINES 116 & 118 or KINES 137; *can be taken concurrently*) _____

KINES 167: Integrative Exercise Science (3) (*Pre-Requisite*: KINES 116 & 118; *can be taken concurrently*) _____

Exercise Science Core Program Requirements	9 Units <input type="checkbox"/>
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KINES 109: Motor Learning (3) _____

OR KINES 110: Motor Development (3) [Generally Restricted to PE Option] _____

KINES 121: Body Composition: Theory, Principles, and Management (3) (*Pre-Requisite*: KINES 32; 90 Units Earned) _____

KINES 137: Structural Biomechanics (3) (*Pre-Requisite*: BIOL 67A or BIOL 33) _____

Exercise Science Electives (Select 21 units from the following; 16 units for ADT students)	21 Units <input type="checkbox"/>
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BIOL 1A: Introductory Biology (**GE 5B**) (4) _____

BIOL 1B & 1BL: Introductory Biology (*BIOL 1A*) (4) _____

BIOL 10: Life Science (**GE 5B**) (3) _____

BIOL 20: Introductory Microbiology (*CHEM 1A/1AL* _____

or CHEM 3A) (4) _____

BIOL 102: Genetics (*BIOL 1A*, *BIOL 1B/1BL*, and *CHEM 8 or CHEM 128A*; *CHEM 8 or 128 can be concurrent*) (3) _____

BIOL 103: Cellular Biology (*BIOL 102*, *CHEM 150 or 155A*) (3) _____

BIOL 144: Neuroanatomy (*BIOL 33 or BIOL 64 or BIOL 65*) (4) _____

BIOL 166: Neurophysiology (*BIOL 33 or BIOL 67A or BIOL 67B or BIOL 103 or BIOL 162*) (3) _____

CHEM 1A: General Chemistry 1A (**GE 5A**) (5) _____

CHEM 1B: General Chemistry 1B (5) _____

CHEM 3A: Introductory General Chemistry (**GE 5A**) (4) _____

CHEM 3B & 3BL: Introductory Organic and Biochemistry (*CHEM 3A*) (4) _____

CHEM 8: Elementary Organic Chemistry (*CHEM 1B or 3A*) (3) _____

CHEM 128A/129A: Organic Chemistry/Organic Chemistry Lab (*CHEM 1B or CHEM 8*; *129A concurrently w/ 128A*) (5) _____

CHEM 128B/129B: Organic Chemistry/Organic Chemistry Lab (*CHEM 129A*; *129B concurrently w/ 128B*) (5) _____

CHEM 150: General Biochemistry (*CHEM 3B or CHEM 8*, or both *CHEM 128A and CHEM 128B*) (3) _____

CHEM 155A: Fundamentals of Biochemistry (*CHEM 128B*) (3) _____

MATH 11/11L: Elementary Statistics (**GE 2**) (3) _____

NUTR 53: Nutrition and Health (3) _____

NUTR 54: Elementary Nutrition (3) _____

NUTR 147: Nutrition and the Athlete (*NUTR 53 or 54*) (3) _____

NUTR 153: Advanced Nutrition (*NUTR 54*, *BIOL 67A*, *BIOL 67B*, and *CHEM 150*) (3) _____

PH 48: First Responder and Emergency Care (3) _____

PH 92: Public Health Statistics (3) _____

PH 109: Epidemiology of Disease (*PH 92*, *MATH 11*, *PSYCH 42*, or *DS 73*) (3) _____

PH 114: Health Behavior (3) _____

PH 128S: Holistic Health and Alternative Medicine (**MI**) (3) _____

PH 141: Applied Ergonomics (3) _____

PHYS 2A: General Physics (*MATH 6 or DS 71 or MATH 75/75A or MATH 70*) (**GE 5A**) (4) _____

PHYS 2B: General Physics (*PHYS 2A w/ C grade*) (4) _____

PSYCH 10: Introduction to Psychology (**GE B**) (3) _____

PSYCH 42: Introductory Statistics (4) _____

PSYCH 66: Abnormal Psychology (3) _____

PSYCH 155: Developmental Psychology (4) _____

PSYCH 169: Psychological Aspects of Physical Disability (3) _____

Any KINES Academic Course (other than those required for the Exercise Science option; no more than one unit of KINES 43) _____

Any Additional KAC Course (no more than three additional KAC courses can be applied to the major; repeated KAC courses cannot be counted) _____

Remaining Elective Units: _____

Total Units Required in Major

65 units

Total Units Required in General Education

49 units

General Electives Needed

0-15 units

KINESIOLOGY

Exercise Science, B.S. (120 Units)

Valid for Catalog Years: 2023/2024 to Current

For assistance or to schedule an
advising appointment, please
contact the **CHHS Advising and
Career Development Center:**
559-278-5027, McLane Hall 194

Student Name: _____

Student ID: _____

Catalog Year: _____

	Year 1 (Freshman)		Year 2 (Sophomore)		Year 3 (Junior)		Year 4 (Senior)	
	Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring
Major	Lower Division GE	KINES 1 (3 Units)	Area L/S KINES 32 (2 Units)	BIOL 67B (4 Units)	KINES 33 (3 Units)	KINES 116 + Lab (3 Units)	KINES 121 (3 Units)	KINES 165 + Lab (3 Units)
	Lower Division GE	Lower Division GE	BIOL 67A (4 Units)	KINES <i>Elective</i>	KINES 109 or 110 (3 Units)	KINES 118 + Lab (3 Units)	KINES 119 (3 Units)	KINES 167 (3 Units)
	Lower Division GE	Lower Division GE	Lower Division GE	Additional University Grad Req.	KINES <i>Elective</i>	KINES 137 (3 Units)	KINES 163 (3 Units) + Lab	KINES <i>Elective</i>
	GE (MATH 11 Rec.)	Lower Division GE	Lower Division GE	Upper Division GE	Upper Division GE	KINES <i>Elective</i>	KINES <i>Elective</i>	KINES <i>Elective</i>
	(BIOL 1A Rec.)	(CHEM 1A or 3A Rec.)	American Government	Upper Division GE	Multicultural International (MI)	UDWS (W Course or Exam)	KINES <i>Elective</i>	KINES <i>Elective</i>
Milestones		Science Pre-Reqs Completed _	Apply for Exercise Science (Pre-Health Only)		Anatomy/ Physiology Completed _	KINES 116/118 Completed _		Tier 3 Sequence Completed _

Elective Options:

Athletic Training M.S. Pre-Requisites¹

- Biology w/ Lab (BIOL 10 or BIOL 1A)
- Chemistry w/ Lab (CHEM 3A)
- Physics w/ Lab (PHYS 2A)
- 2 Semesters of Anatomy & Physiology w/ Lab (BIOL 67A & 67B)
- General Psychology or Sport Psychology (PSYCH 10 or KINES 33)
- Fundamentals of Biomechanics (KINES 116)
- Exercise Physiology (KINES 118)
- Nutrition or Fitness & Wellness (NUTR 53 or NUTR 147)
- Statistics (PH 92 or MATH 11)
- Care & Prevention of Athletic Injuries (KINES 38)
- 100 hours of documented observation with a Certified Athletic Trainer
- First Aid & CPR or EEC Card (KINES 48 [Preferred], PH 48 or 49)

Doctor of Physical Therapy Pre-Requisites¹

- Human Anatomy w/ Lab (BIOL 67A or BIOL 64)
- Human Physiology w/ Lab (BIOL 67B or BIOL 65)
- Life Science w/ Lab [Beginning Fall 2022] (BIOL 1A or BIOL 10)
- Part One of General Chemistry series w/ Lab (CHEM 1A/1AL **OR** CHEM 3A)
- Continuation of General Chemistry series w/ Lab (CHEM 1B/1BL **OR** CHEM 3B/3BL)
- Semester One of General Physics w/ Lab (PHYS 2A)
- Semester Two of General Physics w/ Lab (PHYS 2B)
- General Psychology, Developmental Psychology, or Lifespan Psych (PSYCH 10, 123, or 155)
- Abnormal Psychology or Psychological Aspects of Disability (PSYCH 66 or 169)
- Basic Statistics (MATH 11, PH 92, or PSYCH 42)

Advising Notes

- Students interested in Athletic Training or Physical Therapy should consult the respective department for program advising, additional admission criteria, and equivalent pre-requisites.
- 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 courses
- CR/NC grading is not permitted in courses for the kinesiology major, except in those courses which are designated CR/NC grading only.
- Courses taken within the Kinesiology major may be used toward general education requirements, a minor (see departmental minors) or a supplemental credential. Consult the appropriate department for further information.
- Students majoring in kinesiology may count a maximum of 12 units of activity courses (ATHL, KAC, DANCE) toward the 120 units required for a bachelor's degree. Repeat credit towards the major is not allowed in these courses.

2025-2026 GENERAL EDUCATION (G.E.) REQUIREMENTS

NOTES: A minimum of 43 G.E. units are required. All classes are three or more semester units. Engineering and Liberal Studies majors complete a different G.E. Pattern—consult department advisor. GE courses may change annually. It is recommended to run your Degree Progress Report (DPR) before and after you register to ensure courses you are registered for satisfy the intended GE Area(s).

♦ FOUNDATION

Four courses: One in 1A, one in 2A, one in 3A, & one in Area 2 for a minimum of 12 units.

FOUNDATION courses must be satisfied with a minimum of "C" grade.

Area 1&2 - English Communication & Mathematical Concepts/Quantitative Reasoning

[1A] English Composition: (Pre-Requisite for English 5B is Passing 5A) English 5B, 5BML, 10, 10ML

[1B] Critical Thinking: Africana Studies 20; Agricultural Science 10, Anthropology 30; Asian American Studies 88; Chicano & Latin American Studies 30; Child and Family Sciences 3, College of Science and Math 10; Communication 5; Computer Science 1, Geography 25; Interdisciplinary 50; Natural Science 4; Philosophy 25, 45; Sociology 3, 3S; Women's, Gender, & Sexuality Studies 12

[1C] Oral Communication: Communication 3, 7, 8

[2] Mathematical Concepts & Quantitative Reasoning: (Co-Requisite or Pre-Requisite Math Courses May Be Required; Check with an Advisor) Criminology 50; Decision Science 71, 72; Mathematics 6, 10A, 10AL, 11, 11L, 45, 45L, 70, 75A; Psychology 42; Public Health 92

Course/
Units/Grade

1A _____

1B _____

1C _____

2 _____

♦ BREADTH

Area 3 - Arts and Humanities

Two Courses: One in 3A, one in 3B

[3A] Arts: Armenian Studies 20; Art 1, 20, 40, 50; Art History 10, 11, 12; Chicano & Latin American Studies 9; Drama 22, 62; English 41, 43, 44; Italian 15; Media, Communications & Journalism 9; Music 9 (not for music majors), 9A, 74, 75

[3B] Humanities: Arabic 1A, 1B; Armenian 1A, 1B, 2A; Chinese 1A, 1B; Communicative Sciences & Deaf Studies 90, 92; English 20, 30; French 1B, 2A, 2B; German 1B, 2A, 2B; Greek 1A, 1B; Hebrew 1A; Hmong 1A, 1B; Humanities 10, 11, 15, 20; Italian 1A, 1B, 2A, 2B; Japanese 1A, 1B; Latin 1A, 1B; Linguistics 10, Persian 1A, 1B; Philosophy 1, 2, 10, 20; Portuguese 1A, 1B; Spanish 1B, 2A, 2B, 3, 4A, 4B

3A _____

3B _____

Area 4 – Social and Behavioral Sciences

One course in each sub-area

[4A] American History: History 11, 12

[4B] Social Science: Africana Studies 36; Agricultural Business 1; American Indian Studies 50; Anthropology 2, 3; Armenian Studies 10; Asian American Studies 7, 166; Child & Family Science 31; City & Regional Planning 80; Communicative Sciences & Deaf Studies 98; Criminology 10; Economics 25, 40, 50; Geography 2, 4; History 20, 21; Industrial Technology 20; Italian 20; Jewish Studies 10; Media, Communications & Journalism 1; Middle East Studies 10; Political Science 1; Psychology 10; Sociology 1 or 1S; Women's, Gender, & Sexuality Studies 10, 11, 166

4A _____

4B _____

Area 5 – Physical and Biological Sciences

Two Courses for minimum 7 Units: One in 5A and one in 5B; Lab may be embedded within 5A/5B course

[5A] Physical Sciences: (Pre-Requisite: Completion of Area 2) Chemistry 1A, 3A, 10; Earth & Environmental Sciences 1, 1V, 4, 5; Geography 5*, 7*; Physical Science 21; Physics 2A, 4A & 4AL, 10

[5B] Biological Sciences: Biology 1A, 10, 11, 12, Earth & Environmental Sciences 6

[5C] Physical or Biological Laboratory BI or B2 must have a lab (*Courses do not have a lab component)

5A _____

5B _____

5C _____

Area 6 - Ethnic Studies One course

Africana Studies 10, 15, 27, 40, 68; American Indian Studies 5, 10, 103; Anthropology 120, 175; Asian American Studies 10, 15, 20, 50, 108, 120, 143, 175, 185; Chicano & Latin American Studies 3, 5, 120, 128, 163; English 143; Media, Communications, & Journalism 6; Philosophy 108

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UPPER DIVISION "INTEGRATION" G.E. CONSISTS OF 9 UNITS

UD2/UD5, UD 3, & UD 4 courses can be taken no sooner than the term in which 60 units of coursework are completed.

♦ INTEGRATION Three Upper Division – One in Each Area

I2/I5 – Mathematical Concepts & Quantitative Reasoning/ Physical & Biological Sciences

(Pre-Requisite: Completion of FOUNDATION and Area 5)

Anthropology 161, 165; Chemistry 170; Civil Engineering 121; Computer Science 100, 100N; Earth & Environmental Science 102S, 112, 167, 168; Geography 115, 128, 129; Liberal Studies 121; Mathematics 123; Natural Science 115, 120, 121, 125; Physical Science 131, 168; Physics 100; Plant Science 105; Public Health 161; Sociology 158

12/
15 _____

I3 - Arts & Humanities: (Pre-Requisite: Completion of FOUNDATION and Area 3)

Africana Studies 129; Architectural Studies 145; Armenian 148; Art 102; Art History 140; Arts & Humanities 105; Asian American Studies 148; Chicano & Latin American Studies 130; Dance 171; Drama 163; English 101, 102, 103, 112, 113, 114, 174; French 109, 124, 125, 149; Humanities 104, 108, 110, 118, 120, 129; Interdisciplinary Art Studies 108; Italian 110, 130; Jewish Studies 108; Linguistics 115, 130, 138; Media, Communications, & Journalism 183; Music 170A, 171, 187; Philosophy 120, 150, 151; Portuguese 101, 102, 103; Spanish 125, 129; Women's, Gender, & Sexuality Studies 110, 111

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I4 – Social and Behavioral Sciences: (Pre-Requisite: Completion of FOUNDATION, Area 4, and PLSI 2)

Africana Studies 144; Agricultural Business 155; Anthropology 116W, 145; Art History 143; Asian American Studies 111, 121, 122, 155; Chicano & Latin American Studies 114, 115; City & Regional Planning 125; Civil Engineering 161; Construction Management 124; Criminology 101, 120, 120S; Curriculum & Instruction 152; Earth and Environmental Sciences 115S; Economics 146, 167, 176, 183; Electrical & Computer Engineering 118; Forensic Behavioral Science 153; Geography 133, 173; Gerontology 100; History 101, 154; Jewish Studies 122; 154; Kinesiology 111; Media, Communications & Journalism 101, 175, 178, 180; Peace & Conflict Studies 100, Social Science 110; Sociology 131, 143, 163; Women's, Gender, & Sexuality Studies 101, 124, 149, 155

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Advising Notes:

- Foundation courses must be completed with a grade of C or better to satisfy the General Education requirement.
- A maximum of two General Education courses from one department or program may be applied to satisfy Breadth requirements.
- Subject Area 4 shall be completed in at least two different disciplines among the nine units required in Area 4, and Area UD 4.

Total Units: _____

Graduation Requirements

BACHELOR'S DEGREE REQUIREMENTS

A student must complete the following requirements in order to earn a Bachelor of Arts, Bachelor of Science, Bachelor of Fine Arts, or a Bachelor of Music degree:

- ☐ A minimum of 120 semester units, comprised of:
 - ☐ 43 General Education Units
 - ☐ Academic Major Requirements
 - ☐ Specific course/skill requirements: (a) English Composition; (b) United States History; (c) United States and California Constitution (PLSI 2 or equivalent); (d) Upper division writing skills
 - ☐ Additional University Graduation Requirements: (a) Arts/Humanities; (b) Lifelong-Understanding and Self-Development; Multicultural/International; **requirements may vary by major**
- ☐ A minimum of 30 residence units, of which 24 must be upper division, 12 in the major, and 9 in General Education
- ☐ A minimum of a C average [2.0] for units in the major, all California State University, Fresno units, and total units

Specific Course/Skill Requirements:

Required by all degrees; may be completed in general education or by exam credit:

- ☐ **English Composition** (Area 1A – ENGL 5A/5B, 10, or equivalent)
- ☐ **United States History** (Area 4A – HIST 11 or 12, or equivalent)
- ☐ **US and California Government:** _____

Courses: Political Science 2, 101, or equivalent course

- ☐ **Upper Division Writing Skills (UDWS):** _____

Courses: Africana Studies 104W; Agricultural Business 170WS; American Indian Studies 105WS; Anthropology 105W, 116W, 126W; Asian American Studies 151W, 161W; Aerospace Studies 105AW*, 105BW; Biology 118W; Business Administration 105W; Chemistry 161W*; Chicano & Latin American Studies 102W; Economics 102W; Earth & Environmental Sciences 104W, 135W; English 106W, 115W, 117W*, 160W, 170W; Engineering 105W*; Health & Human Services 116W; History 100W*; Industrial Technology 198W; Jewish Studies 100W; Literacy & Early Education 180W; Linguistics 110W*, 111W; Media, Communications & Journalism 102W*, 114W*, 155SW, 158WS; Philosophy 125W, 133W; Plant Science 110W; Political Science 100W; Sociology 130W, 130WS; Women's, Gender, & Sexuality Studies 118W

Note: Majors may require a specific "W" course; see catalog requirements for your major

*Enrollment may be restricted or have additional pre-requisites. Check the course description in the catalog or class search

Additional University Graduation Requirements (AUGR):

Please Note: Major programs may be exempt from part or all Additional University Graduation Requirements; if a major is exempt from only part of these requirements students may select which area(s) to fulfill this requirement in either Arts/Humanities, Lifelong Understanding and Self-Development, or Multicultural/International; **please consult the Fresno State catalog or your major advisor for your specific program requirements.**

- ☐ **Arts/Humanities (A/H):** _____ N/A ☐

Courses: See catalog for course requirements.

- ☐ **Lifelong-Understanding and Self-Development (L/S):** _____ N/A ☐

Courses: Agricultural Science 15; Animal Science 67; Art 13; Asian American Studies 8; Child & Family Sciences 38, 39; College of Science and Math 15; Dance 16, 70; Drama 32; Finance 30; Gerontology 10S, 18, 111; **Kinesiology 32 & Concurrent Enrollment in any KAC**; Linguistics 30; Nutrition 53; Peace and Conflict Studies 110; Psychology 61; Public Health 90, 91, 110; Recreation Administration 80; University 1; Women's, Gender, & Sexuality Studies 18

- ☐ **Multicultural/International (M/I):** _____ N/A ☐

Courses: Africana Studies 143, 150, 164; Anthropology 105W, 120, 123, 125; Art History 141, 142; Asian American Studies 110, 110S, 138, 140; Business Administration 104; Capstone 177, 188S; Chicano & Latin American Studies 160, 170; Communication 164; Child & Family Science 134; Communicative Disorders & Deaf Studies 139; Economics 181; Geography 167, 174; Gerontology 161; History 186; Humanities 105, 140; Italian 100; Jewish Studies 143; Linguistics 147; Media, Communications & Journalism 176, 179; Marketing 100S; Music 171A; Nursing 141, 141LS; Public Health 104, 128S; Philosophy 131, 132; Political Science 120; Recreation Administration 130; Social Sciences 180; Sociology 111, 142; Social Work 136; Women's, Gender, & Sexuality Studies 120, 122, 135, 138

Degree Application

To receive the degree, a student files an online application for graduation via the Student Center by one of the published deadlines. After paying the fee online, your application is submitted to Undergraduate Degree Evaluations. Honors are awarded as follows, based in the **campus** GPA earned:

Summa Cum Laude (highest honors) 3.90 to 4.00; Magna Cum Laude (high honors) 3.70 to 3.89; Cum Laude (honors) 3.50 to 3.69