

**KINESIOLOGY**  
**Exercise Science Option, B.S. (120 Units)**  
Valid for Catalog Years: 2021/2022 to Current

**Kinesiology Core Lower Division Requirements** **9 Units** □

- KINES 1: Introductory Principles and Techniques for Physical Fitness Development (3) \_\_\_\_\_
- KINES 32: Lifetime Fitness and Wellness (2) (**GE Area E**) \_\_\_\_\_
- AND** Concurrent Enrollment in any Kinesiology Activity Course (1) \_\_\_\_\_
- KINES 33: Foundation of Sport Exercise Psychology (3) \_\_\_\_\_

**Exercise Science Tier 1 (Lower Division) Requirements** **8 Units** □

- BIOL 67A: Human Anatomy & Physiology I (*Pre-Requisite*: BIOL 1A & CHEM 1A/1AL [or 3A]; *OR* BIOL 20) (4) \_\_\_\_\_
- BIOL 67B: Human Anatomy & Physiology II (*Pre-Requisite*: BIOL 67A) (4) \_\_\_\_\_

**Exercise Science Tier 2 (Upper Division) Requirements** **6 Units** □

- 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** □

- 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*) \_\_\_\_\_

**Kinesiology Exercise Science General Requirements** **10 Units** □

- 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) \_\_\_\_\_
- Select any KAC course (1) **OR** ATHL 100 (*Open to Athletes only*) (1) \_\_\_\_\_

**Exercise Science Electives (Select 21 units from the following; 16 units for ADT students)** **24 Units** □

- |  |  |
|--|--|
| <p><u>BIOL 1A</u>: Introductory Biology (<b>GE B2</b>) (4)</p> <p><u>BIOL 1B &amp; 1BL</u>: Introductory Biology (<i>BIOL 1A</i>) (4)</p> <p><u>BIOL 10</u>: Life Science (<b>GE B2</b>) (3)</p> <p><u>BIOL 20</u>: Introductory Microbiology (<i>CHEM 1A/1AL or CHEM 3A</i>) (4)</p> <p><u>BIOL 102</u>: Genetics (<i>BIOL 1A, BIOL 1B/1BL, and CHEM 8 or CHEM 128A; CHEM 8 or 128 can be concurrent</i>) (3)</p> <p><u>BIOL 103</u>: Cellular Biology (<i>BIOL 102, CHEM 150 or 155A</i>) (3)</p> <p><u>BIOL 144</u>: Neuroanatomy (<i>BIOL 33 or BIOL 64 or BIOL 65</i>) (4)</p> <p><u>BIOL 166</u>: Neurophysiology (<i>BIOL 33 or BIOL 67A or BIOL 67B or BIOL 103 or BIOL 162</i>) (3)</p> <p><u>CHEM 1A &amp; 1AL</u>: General Chemistry 1A (<b>GE B1</b>) (5)</p> <p><u>CHEM 1B &amp; 1BL</u>: General Chemistry 1B (5)</p> <p><u>CHEM 3A</u>: Introductory General Chemistry (<b>GE B1</b>) (4)</p> <p><u>CHEM 3B &amp; 3BL</u>: Introductory Organic and Biochemistry (<i>CHEM 3A</i>) (4)</p> <p><u>CHEM 8</u>: Elementary Organic Chemistry (<i>CHEM 1B or 3A</i>) (3)</p> <p><u>CHEM 128A/129A</u>: Organic Chemistry/Organic Chemistry Lab (<i>CHEM 1B or CHEM 8; 129A concurrently w/ 128A</i>) (5)</p> <p><u>CHEM 128B/129B</u>: Organic Chemistry/Organic Chemistry Lab (<i>CHEM 129A; 129B concurrently w/ 128B</i>) (5)</p> <p><u>CHEM 150</u>: General Biochemistry (<i>CHEM 3B or CHEM 8, or both CHEM 128A and CHEM 128B</i>) (3)</p> <p><u>CHEM 155A</u>: Fundamentals of Biochemistry (<i>CHEM 128B</i>) (3)</p> <p><u>MATH 11/11L</u>: Elementary Statistics (<b>GE B4</b>) (3)</p> | <p><u>NUTR 53</u>: Nutrition and Health (<b>GE E</b>) (3)</p> <p><u>NUTR 54</u>: Elementary Nutrition (3)</p> <p><u>NUTR 147</u>: Nutrition and the Athlete (<i>NUTR 53 or 54</i>) (3)</p> <p><u>NUTR 153</u>: Advanced Nutrition (<i>NUTR 54, BIOL 67A, BIOL 67B, and CHEM 150</i>) (3)</p> <p><u>PH 48</u>: First Responder and Emergency Care (3)</p> <p><u>PH 92</u>: Public Health Statistics (3)</p> <p><u>PH 109</u>: Epidemiology of Disease (<i>PH 92, MATH 11, PSYCH 42, or DS 73</i>) (3)</p> <p><u>PH 114</u>: Health Behavior (3)</p> <p><u>PH 128S</u>: Holistic Health and Alternative Medicine (<b>MI</b>) (3)</p> <p><u>PH 141</u>: Applied Ergonomics (3)</p> <p><u>PHYS 2A</u>: General Physics (<i>MATH 6 or DS 71 or MATH 75/75A or MATH 70</i>) (<b>GE B1</b>) (4)</p> <p><u>PHYS 2B</u>: General Physics (<i>PHYS 2A w/ C grade</i>) (4)</p> <p><u>PSYCH 10</u>: Introduction to Psychology (<b>GE D2</b>) (3)</p> <p><u>PSYCH 42</u>: Introductory Statistics (4)</p> <p><u>PSYCH 66</u>: Abnormal Psychology (3)</p> <p><u>PSYCH 155</u>: Developmental Psychology (4)</p> <p><u>PSYCH 169</u>: Psychological Aspects of Physical Disability (3)</p> <p><b>Any KINES Academic Course</b> (<i>other than those required for the Exercise Science option; no more than one unit of KINES 43</i>) <span style="float: right;">Completed Elective Units: _____</span></p> <p><b>Any Additional KAC Course</b> (<i>no more than three additional KAC courses can be applied to the major; repeated KAC courses cannot be counted</i>) <span style="float: right;">Remaining Elective Units: _____</span></p> |
|--|--|

<b>Total Units Required in Major</b>	<b>66 units</b>
<b>Total Units Required in General Education</b>	<b>49 units</b>
<b>General Electives Needed</b>	<b>0-15 units</b>

## KINESIOLOGY

### Exercise Science Option, B.S. (120 Units) Valid for Catalog Years: 2021/2022 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
<b>Major</b>	<i>Lower Division GE</i>	<b>KINES 1 (3 Units)</b>	<u>GE Area E</u> <b>KINES 32 (2 Units)</b>	<b>BIOL 67B (4 Units)</b>	<b>KINES 33 (3 Units)</b>	<b>KINES 121 (3 Units)</b>	<b>KINES 137 (3 Units)</b>	<b>KINES 165 + Lab (3 Units)</b>
	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<b>BIOL 67A (4 Units)</b>	<i>Lower Division GE</i>	<b>KINES 116 + Lab (3 Units)</b>	<b>KINES 109 or 110 (3 Units)</b>	<b>KINES 119 (3 Units)</b>	<b>KINES 167 (3 Units)</b>
	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<b>KINES 118 + Lab (3 Units)</b>	<i>KINES Elective</i>	<b>KINES 163 (3 Units) + Lab</b>	<i>KINES Elective</i>
	<i>GE B4 (MATH 11 Rec.)</i>	<i>Lower Division GE</i>	<i>Lower Division GE</i>	<i>Upper Division GE</i>	<i>Upper Division GE</i>	<i>KINES Elective</i>	<i>KINES Elective</i>	<i>KINES Elective</i>
	<i>B2 &amp; B3 (BIOL 1A or 10 Rec.)</i>	<i>B1 &amp; B3 (CHEM 1A or 3A Rec.)</i>	<i>American Government</i>	<i>Upper Division GE</i>	<i>Multicultural International (MI)</i>	<i>UDWS (W Course or Exam)</i>	<i>KINES Elective</i>	<i>KINES Elective</i>
<b>Milestones</b>		<b>Science Pre-Reqs Completed</b> _	<b>Apply for Exercise Science (Pre-Health Only)</b>		<b>Anatomy/ Physiology Completed</b> _	<b>KINES 116/118 Completed</b> _		<b>Tier 3 Sequence Completed</b> _

**Elective Options:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Athletic Training M.S. Pre-Requisites<sup>1</sup>**

- 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 KINES 163)
- Statistics (PH 92 or MATH 11)
- Care & Prevention of Athletic Injuries (KINES 38)
- Preliminary lab in Athletic Training (KINES 43)  
**OR** 100 hours of observation
- First Aid 7 CPR or EEC Card (KINES 48 [Preferred] PH 48 or 49)

**Doctor of Physical Therapy Pre-Requisites<sup>1</sup>**

- 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**

1. Students interested in Athletic Training or Physical Therapy should consult the respective department for program advising, additional admission criteria, and equivalent pre-requisites.
2. 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
3. CR/NC grading is not permitted in courses for the kinesiology major, except in those courses which are designated CR/NC grading only.
4. 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.
5. 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.

# 2021-2022 GENERAL EDUCATION (G.E.) REQUIREMENTS

**NOTES: A minimum of 49 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.

## ◆ FOUNDATION

### Area A - English Language Communication and Critical Thinking

**FOUNDATION** courses must be satisfied with a minimum of “C” grade.

Four courses: One in A1, one in A2, one in A3, & one is B4 for a minimum of 12 units.

**A1 Oral Communications:** Communication 3, 7, 8

**A2 Written Communication:** (Prerequisite for English 5B is passing 5A) English 5B, 10

**A3 Critical Thinking:** African Studies 20; Anthropology 30; Chicano & Latin American Studies 30; College of Science & Math 10; Communication 5; Computer Science 1; Geography 25; Interdisciplinary 50; Natural Science 4; Philosophy 25, 45; Sociology 3, 3S; Women's Studies 12

**B4 Quantitative Reasoning:** (Co-requisite or prerequisite Math courses may be required. Check with advisors)

Criminology 50; Decision Sciences 71, 72; Mathematics 6, 11, 11L, 45, 45L, 70, 75, 75A

Course/  
Units/Grade

A1 \_\_\_\_\_

A2 \_\_\_\_\_

A3 \_\_\_\_\_

B4 \_\_\_\_\_

## ◆ BREADTH

### Area B - Scientific Inquiry and Quantitative Reasoning

Two courses: One in B1 and one in B2—see above for B4

**B1 Physical Sciences:** (Prerequisite: Completion of B4) Chemistry 1A & 1AL, 3A, 10; Earth & Environmental Sciences 1, 1V, 4; Physical Science 21; Physics 2A, 4A & 4AL, 10

**B2 Life Sciences:** Biology 1A, 10, 11, 12

**B3 Laboratory Component:** B1 or B2 must have a lab (all B1 & B2 courses taken at Fresno State have a mandatory lab component.)

B1 \_\_\_\_\_

B2 \_\_\_\_\_

B3 \_\_\_\_\_

### Area C - Arts and Humanities

Three courses: One in C1, one in C2, and a third from C1 or C2

**C1 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; Media, Communications & Journalism 9; Music 9 (not for music majors), 9A, 74, 75

**C2 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

C1 \_\_\_\_\_

C2 \_\_\_\_\_

C1 or

C2 \_\_\_\_\_

### Area D - Social, Political & Economic Institutions & Behavior, Historical Background

One course in each sub-area (Prerequisite: GE Foundation A1 for students in English college readiness Category III and IV)

**D1 American History:** History 11, 12

**D2 Social Science:** Africana Studies 10, 15, 27; Agricultural Business 1; American Indian Studies 50; Anthropology 2, 3; Armenian Studies 10; Child & Family Science 31; Communicative Sciences & Deaf Studies 98; Criminology 10; Economics 25, 40, 50; Geography 2, 4, 81; History 20, 21; Industrial Technology 20; Jewish studies 10; Media, Communications & Journalism 1; Middle East Studies 10; Political Science 1; Psychology 10; Sociology 1 or 1S; Women's Studies 10, 11

D1 \_\_\_\_\_

D2 \_\_\_\_\_

### Area E - Lifelong Understanding & Self-Development One Course

Animal Science 67; Art 13; Child & Family Science 38, 39; College of Science & Math 15; Dance 16, 70; Drama 32; Finance 30; Gerontology 10S, 18, 111; Kinesiology 32 & concurrent enrollment in any KAC course; Linguistics 30, Nutrition 53; Peace and Conflict Studies 110; Psychology 61; Public Health 90, 91, 110; Recreation Administration 80, University 1; Women's Studies 18

E \_\_\_\_\_

### Area F - Ethnic Studies One Course

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

F \_\_\_\_\_

## UPPER DIVISION G.E. CONSISTS OF 9 UNITS

IB, IC, & ID 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

**IB Physical Universe & Its Life Forms:** (Prerequisite: Completion of FOUNDATION and Area B)

Anthropology 161; Chemistry 170; Computer Science 100; Earth & Environmental Sciences 102, 112, 167, 168; Geography 115, 128, 129; Natural Science 115, 120, 125; Physical Science 131, 168; Physics 100; Plant Science 105; Public Health 161; Sociology 158

IB \_\_\_\_\_

**IC Arts & Humanities:** (Prerequisite: Completion of FOUNDATION and Area C)

Africana Studies 129; Armenia 148; Art 102; Art History 140; Arts & Humanity 105; Chicano & Latin American Studies 130; Dance 171; Drama 163; Earth & Environmental Sciences 102; English 101, 102, 103, 112, 113, 114, 174; French 109, 124, 125, 149; Humanities 104, 108, 110, 118, 120, 129; Interdisciplinary Art Studies 108; Linguistics 115, 130, 138; Music 170A, 171, 187; Philosophy 120, 150, 151; Portuguese 101, 102, 103; Spanish 125, 129; Women's Studies 110

IC \_\_\_\_\_

**ID Social, Political & Economic Institutions & Behavior, Historical Background:** (Prerequisite: Completion of FOUNDATION and Area D)

Africana Studies 144; Agricultural Business 155; Anthropology 116W, 145; Art History 143; Chicano & Latin American Studies 114, 115; Construction Management 124; Criminology 101, 120, 120S; Economics 146, 167, 176, 183; Forensic Behavioral Sciences 153; Geography 133, 173, 184; Gerontology 100; History 101, 154; Jewish Studies 154; Kinesiology 111; Media, Communications & Journalism 175, 178, 180; Peace & Conflict Studies 100; Social Science 110; Sociology 131, 143, 163; Women's Studies 101, 111, 124, 149

ID \_\_\_\_\_

Total Units \_\_\_\_\_

# Graduation Requirements

## PLANNING YOUR DEGREE

- Meet with an Academic Counselor to complete a My Degree Plan (roadmap)
- Units per semester to graduate:  
4 years: 15 units x 8 semesters = 120 units  
5 years: 12 units x 10 semesters = 120 units
- Complete your US and California Government requirement during your sophomore year
- Complete your upper-division writing skills during your junior year (60 - 90 units)
- Complete your Application for Degree and pay the fee during the first four weeks of your final semester

### ◆ 120 unit minimum—comprised of:

- 49 General Education (or modified version per Major)
- Major
- Electives if needed to reach 120 units (minor/certificate/other)

### ◆ 2.00 GPA in:

- Major
- Campus units
- Cumulative units

### ◆ Specific course requirements:

- English Composition (GE Area A2—English 5A & 5B, 10 or equivalent) -
- US History (GE Area D1—History 11, 12 or equivalent) -
- US and California Government -

**Courses:** Political Science 2

- Multicultural/International course (M/I) -

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

### ◆ Writing Skills Requirement:

Completed Course: \_\_\_\_\_

- Upper-division writing skills -

**Courses:** Africana Studies 104W; Agricultural Business 170SW; Anthropology 105W, 116W, 126W; Asian American Studies 151W, 161W; Aerospace Studies 105AW\*, 105BW; Business Administration 105W, 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\*; Philosophy 125W, 133W; Plant Science 110W; Sociology 130W/WS

Note: a few majors require a specific "W" course; see catalog requirements for your major  
\*Enrollment may be restricted or have additional prerequisites.

Completed Course: \_\_\_\_\_

### ◆ Fresno State Residency unit minimums:

- 30 units
- 24 upper-division units
- 12 units in major
- 9 General Education units

**Note:** To see a list of general education/writing skills/multicultural-international course descriptions, click the respective area heading