

PRE-HEALTH
Kinesiology – Exercise Science Option (120 Units)
 Valid for Catalog Years: 2021/2022 to Present

Semester 1 Courses (Fall): Select One Course from Each Area Below	16-17 Units □
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- AREA A1: Select Any Course (3) _____
- AREA A2: ENGL 10 [Engl. Category II only] (3) _____
- OR** **ENGL 5A [Engl. Category III and IV only] (3)¹ _____
- AREA A3: Select Any Course (3) _____
- AREA B4: Select Any Course [MATH 11/11L: Elementary Statistics (3) - *Recommended*] _____
- AREA C1: Select Any Course (3) _____
- HHS 18(A): Career Pathways in Health and Human Services (1) _____

Semester 2 Courses (Spring): Select One Course from Each Area Below	15-16 Units □
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- AREA B1: Select **ONE** of the following (4-5) _____
- CHEM 1A: General Chemistry 1A (3) & CHEM 1AL: General Chemistry Laboratory (2) [*Recommended*]
- OR** CHEM 3A: Introductory General Chemistry (4) _____
- AREA C2: Any Course (3) _____
- OR** **AREA A2: ENGL 5B [Engl. Category III and IV only] (3)¹ _____
- AREA D2: Select Any Course [PSYCH 10: Introductory to Psychology (3) - *Recommended*] _____
- AREA F: Select Any Course (3) _____
- HHS 100T(18B): Career Pathways in Health and Human Services (2) _____
- ****Prepare to apply for Kinesiology – Exercise Science Major in Semester 3*

Semester 3 Courses (Fall): Select One Course from Each Area Below	15-16 Units □
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- AREA B2: Select the Following: _____
- BIOL 1A: Introductory Biology (4) _____
- AREA D1: Select Any Course (3) _____
- AREA E: Select the Following: _____
- KINES 32: Lifetime Fitness and Wellness (2) + Concurrent Enrollment in **KAC** (1)
- AREA C2:** Any Course [Engl. Category III and IV only] (3)¹ _____
- OR** Federal, State, & Local Government Requirement (PLSI 2) (3)
- OR** Major/Minor Elective Course (3)
- AREA C1/C2: Select Any Course (3) _____

Total Units Required in Pre-Major	3 units
Total Units Required in Major	69 units
Total Units Required in General Education	49 units

Advising Notes

1. Students who are English category III or IV and taking ENGL 5A and 5B should take GE C2 during their third semester.
2. During Semester 3 students will apply to their top 2 majors of the 4 options. Students will be notified of acceptance prior to registration for the Spring semester.
3. GE courses should be taken in anticipation of the preferred major. Courses taken within Pre-Health may be used toward general education requirements or a minor.
4. The completion of all Pre-Health required courses and a minimum cumulative GPA of 3.0 is required to maintain enrollment in the Pre-Health major. Students who do not meet these requirements will be transitioned to undeclared.

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Kinesiology – Exercise Science Option (120 Units)

Valid for Catalog Years: 2021/2022 to Present

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	
Units	16 Units	15 Units	15 Units	15 Units	15 Units	15 Units	15 Units	15 Units	
Major	<i>GE Area A1</i>	GE Area B1 CHEM 1A + 1AL	GE Area B2 BIOL 1A + Lab	TRANSITION INTO KINESIOLOGY – EXERCISE SCIENCE MAJOR	BIOL 67A (4 Units)	BIOL 67B (4 Units)	KINES 116 + Lab (3 Units)	KINES 119 (3 Units)	KINES 165 + Lab (3 Units)
	<i>GE Area A2</i>	<i>GE Area C2¹ OR ENGL 5B</i>	GE Area E KINES 32 + KAC		KINES 1 (3 Units)	KINES 109 or 110 (3 Units)	KINES 118 + Lab (3 Units)	KINES 163 (3 Units) + Lab	KINES 167 (3 Units)
	<i>GE Area A3</i>	<i>GE Area D2</i>	<i>GE Area C1/C2</i>		KINES 33 (3 Units)	KINES Elective	KINES 121 (3 Units)	KINES 137 (3 Units)	KAC or ATHL 100 (1 Unit)
	<i>GE Area B4</i>	<i>GE Area F</i>	<i>GE Area D2</i>		<i>Upper Division GE</i>	KINES Elective	KINES Elective	KINES Elective	KINES Elective
	<i>GE Area C1</i>	HHS 100T	<i>GE Area C2¹ OR PLSI 2 OR Elective</i>		<i>Upper Division GE</i>	<i>Upper Division GE</i>	<i>Multicultural International</i>	<i>UDWS (W Course or Exam)</i>	KINES Elective
	HHS 18								
Milestones	HHS 18 Completed	HHS 100T Completed	Apply for Ex. Sci Major		Anatomy/ Physiology Completed	KINES 116/118 Completed		Tier 3 Courses 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 KINES 163)
- Statistics (PH 92 or MATH 11)
- Introduction to Athletic Training (KINES 38)
- Preliminary lab in Athletic Training (KINES 43) **OR** 100 hours of observation
- First Aid 7 CPR or EEC Card (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 Psychology (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 PRE-HEALTH 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 (Nursing)**; 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 (All Options)**, 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 (Exercise Science*)**, **3A (Nursing, ES, & Community Health)** 10; Earth & Environmental Sciences 1, 1V, 4; Physical Science 21; Physics 2A, 4A & 4AL, 10

B2 Life Sciences: **Biology 1A (Exercise Science)**, **10 (Community Health)**, 11, 12, **20/20N (Nursing ONLY)**

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 (Social Work*)**, 2, 10, **20 (Nursing* & Social Work*)**; 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 (Social Work)**; 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 (Nursing & Exercise Science*)**; 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 (Nursing)**, 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 (Exercise Science)**; Linguistics 30, **Nutrition 53 (Nursing)**; Peace and Conflict Studies 110; Psychology 61; **Public Health 90 (Community Health & Social Work)**, 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 _____

*Note: Courses are highly recommended, but not required; consult major-specific advising sheets for more details

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