

KINESIOLOGY

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

Valid for Catalog Years: 2013/2014 to 2020/2021

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

Kinesiology Exercise Science General Requirements	10 Units □
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KINES 109: Motor Learning (3) _____

OR KINES 110: Motor Development (3) _____

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

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 24 units from the following; 16 units for ADT students)	24 Units □
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BIOL 1A: Introductory Biology (**GE B2**) (4) _____

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

BIOL 10: Life Science (**GE B2**) (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 & 1AL: General Chemistry 1A (**GE B1**) (5) _____

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

CHEM 3A: Introductory General Chemistry (**GE B1**) (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 B4**) (3) _____

NUTR 53: Nutrition and Health (**GE E**) (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 B1**) (4) _____

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

PSYCH 10: Introduction to Psychology (**GE D3**) (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*) _____

Any Additional KAC Course (*no more than three additional KAC courses can be applied to the major; no more than 1 unit of KINES 43; repeated KAC courses cannot be counted*) _____

Remaining Elective Units: _____

Total Units Required in Major

69 units

Total Units Required in General Education

49 units

General Electives Needed

0-17 units

KINESIOLOGY

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

Valid for Catalog Years: 2013/2014 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)	GE Area E KINES 32 (2 Units)	BIOL 67B (4 Units)	KINES 33 (3 Units)	KINES 121 (3 Units)	KINES 137 (3 Units)	KINES 165 + Lab (3 Units)
	Lower Division GE	Lower Division GE	KAC (1 Unit)	KAC or ATHL 100 (1 Unit)	KINES 116 + Lab (3 Units)	KINES 109 or 110 (3 Units)	KINES 119 (3 Units)	KINES 167 (3 Units)
	Lower Division GE	Lower Division GE	BIOL 67A (4 Units)	Lower Division GE	KINES 118 + Lab (3 Units)	KINES Elective	KINES 163 (3 Units) + Lab	KINES Elective
	GE B4 (MATH 11 Rec.)	Lower Division GE	Lower Division GE	Upper Division GE	Upper Division GE	KINES Elective	KINES Elective	KINES Elective
	B2 & B3 (BIOL 1A or 10 Rec.)	B1 & B3 (CHEM 1A or 3A Rec.)	Lower Division GE	Upper Division GE	Multicultural International (MI)	UDWS (W Course or Exam)	KINES Elective	KINES Elective
Milestones			Science Pre-Reqs Completed		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 KINES 163)
- ☐ Statistics (PH 92 or MATH 11)
- ☐ Care and Prevention of Athl. Injuries (KINES 38)
- ☐ Preliminary lab in Athletic Training (KINES 43)
- OR** 100 hours of observation
- ☐ First Aid & CPR or EEC Card (KINES 48 preferred; PH 49, or PH 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

- 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.

2020-2021 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

Four courses: One in A1, one in A2, one in A3, & one in B4 for a minimum of 12 units.
FOUNDATION courses must be satisfied with a minimum "C" grade.

Area A - Fundamental Skills and Knowledge

- A1 Oral Communication:** Communication 3, 7, 8
A2 Written Communication: (Prerequisite for English 5B is passing 5A) English 5B, 10
A3 Critical Thinking: Africana 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, 35; 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 - Physical Universe and Its Life Forms

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 and 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 and 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 A2 for students in English college-readiness Category III and IV)

- D1 American History:** History 11, 12
D2 American Government: Political Science 2
D3 Social Science: Africana Studies 10, 15, 27; Agricultural Business 1; American Indian Studies 50; Anthropology 2, 3; Armenian Studies 10; Asian American Studies 15; Child & Family Studies 31; Chicano & Latin American Studies 3, 5; 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 and Journalism 1; Middle East Studies 10; Political Science 1; Psychology 10; Sociology 1 or 1S; Women's Studies 10

D1 _____
D2 _____
D3 _____

Area E - Lifelong Understanding and Self-Development One course

- E Lifelong Understanding & Self-Development:** Animal Science 67; Art 13; Child & Family Studies 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 _____

UPPER DIVISION G.E. CONSISTS OF 9 UNITS

IB, IC, and ID courses can be taken no sooner than the term in which 60 units of coursework are completed.

◆ INTEGRATION Three upper division courses--one in each area

- IB Physical Universe and Its Life Forms:** (Prerequisite: Completion of FOUNDATION and Area B)
Anthropology 161; Chemistry 170; Computer Science 100; Earth & Environmental Sciences 112, 167, 168; Geography 115, 128, 129; Natural Science 115, 120, 121, 125; Physical Science 131, 168; Physics 100; Plant Science 105; Public Health 161; Sociology 158
IC Arts and Humanities: (Prerequisite: Completion of FOUNDATION and Area C)
Africana Studies 129; Armenian 148; Art 102; Arts & Humanity 105; Chicano & Latin American Studies 130; Dance 171; Drama 163; English 101, 102, 103, 112, 113, 114, 174; French 109, 149; Humanities 104, 108, 110, 118, 129; Interdisciplinary Art Studies 108; Linguistics 115, 130, 138; Music 170A, 171, 187; Philosophy 120, 150, 151; Spanish 125, 129
ID Social, Political and Economic Institutions and Behavior, Historical Background:
(Prerequisite: Completion of FOUNDATION and Area D)
Africana Studies 144; Agricultural Business 155; American Indian Studies 103; Anthropology 116W, 145; 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 and Journalism 175, 178; Peace and Conflict Studies 100; Social Science 110; Sociology 131, 143, 163; Women's Studies 101, 124, 149

IB _____
IC _____
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 upper-division writing skills during your junior year (60-90 units)**
- ☐ **Complete your Application for Degree & 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 (English 5A & 5B, 10 or equivalent)
 - US History (History 11, 12 or equivalent)
 - US and California Constitution (Political Science 2, 102 or equivalent)
 - Multicultural/International course

Multicultural/International 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**; Linguistics **147**; Media, Communications and 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 **110, 120/120S, 135**;

- **Writing Skills Requirement:**
 - Upper-division writing skills (exam or course with a "W")

W courses

Africana Studies **104W**; Agricultural Business **170SW**; Anthropology **105W, 116W, 126W**; Asian American Studies **151W**; Aerospace Studies **105AW*, 105BW**; Business Administration **105W**; Chemistry **161W**; Chicano & Latin American Studies **102W**; Child and Family Science **130W***; Economics **102W**; Earth and Environmental Sciences **104W, 135W**; English **106W, 115W, 117W*, 160W, 170W**; Engineering **105W***; Health & Human Services **116W**; History **100W***; Industrial Technology **198W**; Jewish Studies **100W**; LEE **180W**; Linguistics **110W*, 111W**; Media, Communications and Journalism **102W*, 114W***; Philosophy **125W, 133W**; Plant Science **110W**; Sociology **130W/WS**;

Note: a few majors require a specific "W" course; see catalog requirement for your major

*Enrollment may be restricted or have additional prerequisites. Check the course description in the catalog or my.fresnostate.edu.

- **Fresno State Residency unit minimums:**
 - 30 units
 - 24 upper-division units
 - 12 units in major
 - 9 General Education units