

KINESIOLOGY

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

Valid for Catalog Years: 2021/2022 to 2022/2023

Kinesiology Core Lower Division Requirements	9 Units <input type="checkbox"/>
---	---

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 <input type="checkbox"/>
--	---

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 <input type="checkbox"/>
--	---

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"/>
--	--

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	10 Units <input type="checkbox"/>
---	--

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)	21 Units <input type="checkbox"/>
---	--

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 D2**) (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) _____

Completed Elective Units: _____

Remaining Elective Units: _____

Total Units Required in Major

66 units

Total Units Required in General Education

49 units

General Electives Needed

0-15 units

KINESIOLOGY

Exercise Science Option, B.S. (120 Units) Valid for Catalog Years: 2021/2022 to 2022/2023

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	BIOL 67A (4 Units)	Lower Division GE	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	Lower Division GE	Lower Division GE	KINES 118 + Lab (3 Units)	KINES <i>Elective</i>	KINES 163 (3 Units) + Lab	KINES <i>Elective</i>
	GE B4 (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>
	B2 & B3 (BIOL 1A or 10 Rec.)	B1 & B3 (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.

2022-2023 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. 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 A1, one in A2, one in A3, & one in B4 for a minimum of 12 units.

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

Area A - Fundamental Skills and Knowledge

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; Asian American Studies 88; Chicano & Latin American Studies 30; Computer Science 1; College of Science and Math 10; Communication 5; Geography 25; Interdisciplinary 50; Natural Science 4; Philosophy 25, 45; Sociology 3/3S; Women's, Gender, & Sexuality Studies 12

B4 Quantitative Reasoning: (Co-requisite or prerequisite Math courses may be required) Criminology 50; Decision Science 71, 72; **Mathematics 6 11, 11L, 45, 45L, 70, 75, 75A; Psychology 42; Public Health 92**

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, 5; Geography 5*, 7*;
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 (*Courses do not have a 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: 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; Armenian Studies 20

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 Social Science: Africana Studies 10; Agricultural Business 1; American Indian Studies 50; Anthropology 2,3; Armenian Studies 10; Asian American Studies 7; 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; 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

D1 _____

D2 _____

Area E - Lifelong Understanding & Self-Development One Course

Animal Science 67; Art 13; Asian American Studies 8; Child & Family Science 38, 39; College of Science 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, Gender, & Sexuality Studies 18

E _____

Area F - Ethnic Studies One Course

Africana Studies 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; Media, Communications & Journalism 6; Philosophy 108

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; Upper division GE must be completed at a CSU campus or equivalent university, and *cannot* be completed at a community college.

◆ 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; Civil Engineering 121; Computer Science 100; Earth & Environmental Science 102, 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

IB _____

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

Africana Studies 129; Armenian 148; Art 102; Art History 140; Arts & Humanities 105; Asian American Studies 148; Chicano & Latin American Studies 130; Construction Management 145; 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; Linguistics 115, 130, 138; Music 170A, 171, 187; Philosophy 120, 150, 151; Portuguese 101, 102, 103; Spanish 125, 129; Women's, Gender, & Sexuality Studies 110, 111

IC _____

ID Social, Political & Economic Institutions & Behavior, Historical Background: (Prerequisite: Completion of FOUNDATION, Area D, and PLSI 2)

Africana Studies 144; Agricultural Business 155; Anthropology 116W, 145; Art History 143; Asian American Studies 111, 121; Chicano & Latin American Studies 114, 115; City & Regional Planning 125; Civil Engineering 161; Construction Management 124; Criminology 101, 120, 120S; Curriculum & Instruction 152; Economics 146, 167, 176, 183; Electrical & Computer Engineering 118; Forensic Behavioral Sciences 153; Geography 133, 173; Gerontology 100; History 101, 154; Jewish Studies 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

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

- ♦ Additional Degree 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, or equivalent course

Completed Course: _____

- Multicultural/International course (M/I) -

Courses: Africana Studies 150, 164; Anthropology 105W, 123, 125; Art History 141, 142; Asian American Studies 110S; Business Administration 104; Chicano & Latin American Studies 160, 170; Communication 164; Child & Family Science 134; Communicative Disorders & Deaf Studies 139; Economics 181; Geography 167; Gerontology 161; History 186; Humanities 105, 140; Interdisciplinary 177, 188S; Italian 100; 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, 135

Completed Course: _____

- ♦ Writing Skills Requirement:
 - Upper-division writing skills -

Courses: Africana Studies 104W; Agricultural Business 170WS; American Indian Studies 105WS; Anthropology 105W, 116W, 126W; Asian American Studies 151W, 161W; Aerospace Studies 105AW*, 105BW; Business Administration 105W; Chemistry 161W*; Chicano & Latin American Studies 102W; Child & Family Studies 130W*; 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; Sociology 130W, 130WS

Completed Course: _____

Note: a few majors require a specific "W" course; see catalog requirements 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

Please Note: General Education course area completion is based on which area the course fulfills during the semester the course is completed, not catalog year. Be sure to double check courses are completing the intended area using the class search or degree progress report (DPR).