# Bachelor of Science in Kinesiology: Concentration in Exercise and Movement Sciences

## Quantitative Reasoning Category I/II and ENG 114

The Bachelor of Science in Kinesiology with a Concentration in Exercise and Movement Sciences requires a minimum of 120 total units, with 66 units required in the major. The curriculum is structured to build a strong foundation in both theoretical and practical aspects of kinesiology, preparing students for careers in the field of exercise and movement sciences.

### Course Title and Units

#### First Semester
- **ENG 114**: Writing the First Year: Finding Your Voice (A2) 3 units
- **MATH 124**: Elementary Statistics (Major Prerequisite, B4) 3 units
- **GE Area A** 3 units
- **GE Area C** 3 units
- **SF State Studies or University Elective** 3 units
- **Units**: 15

#### Second Semester
- **Select One (Major Prerequisite):** 4-5 units
  - **BIOL 100 & BIOL 101**: Human Biology and Human Biology Laboratory (B2, B3, SJ, Prerequisite for BIOL 220)
  - **BIOL 230**: Introductory Biology I (Prerequisite for BIOL 328)
  - **CHEM 100**: Preparation for Chemistry (Hidden Prerequisite for CHEM 115)
  - **GE Area A** 3 units
  - **GE Area C** 3 units
  - **GE Area E** 3 units
  - **Units**: 16-17

#### Third Semester
- **BIOL 220 or BIOL 328**: Principles of Human Anatomy (Major Prerequisite) or Human Anatomy 4 units
- **Select One (Major Concentration):** 4-5 units
  - **CHEM 101 & CHEM 102**: Survey of Chemistry and Survey of Chemistry Laboratory (B1, B3)

#### Fourth Semester
- **KIN 250**: Introduction to Kinesiology (Major Prerequisite) 3 units
- **Select One (Major Concentration):**
  - **PHYS 101 & PHYS 102**: Conceptual Physics and Conceptual Physics Laboratory (B1, B3)
  - **PHYS 111 & PHYS 112**: General Physics I and General Physics I Laboratory (B1, B3)
  - **GE Area B: Life Science (B2)** 3 units
  - **GE Area C** 3 units
  - **GE Area D** 3 units
  - **Units**: 14-15

#### Fifth Semester
- **KIN 251**: Success in the Kinesiology Major (Major Core) 2 units
- **KIN 384GW**: Research Methods in Kinesiology - GWAR (Major Core) 3 units
- **Major Activity Requirement**: 1 unit
- **GE Area UD-B: Upper-Division Physical and/or Life Sciences (Consider SF State Studies Course)** 3 units
- **GE Area UD-C: Upper-Division Arts and/or Humanities (Consider SF State Studies Course)** 3 units
- **SF State Studies or University Elective** 3 units
- **Units**: 15

#### Sixth Semester
- **KIN 457**: Culture, Gender and Movement (Major Core, GP) 3 units
- **KIN 480**: Anatomical Kinesiology (Major Core) 4 units
- **Emphasis Area Course (11-12 units total) - Take Two**: 6 units
- **SF State Studies or University Elective** 2 units
- **Units**: 15

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1. A2 B4
2. B2 B3 SJ
3. B1 B3
### Seventh Semester

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<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>KIN 482</td>
<td>Exercise Physiology (Major Concentration)</td>
<td>3</td>
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<tr>
<td>KIN 483</td>
<td>Exercise Physiology Laboratory (Major Concentration)</td>
<td>1</td>
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<td>KIN 485</td>
<td>Biomechanics (Major Concentration)</td>
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<td>KIN 486</td>
<td>Motor Learning (Major Core)</td>
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<td>Emphasis Area Course (11-12 units total) - Take One</td>
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<td></td>
<td>GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course)</td>
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**Units**: 16

### Eighth Semester

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<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>KIN 504</td>
<td>Sport and Exercise Psychology (Major Core)</td>
<td>3</td>
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<td>Select One (Major Concentration):</td>
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<td>KIN 696 Kinesiology Community-Based Internship</td>
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<td>KIN 697 &amp; KIN 698 Integrative Research Seminar and Senior Research Project</td>
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<td>KIN 699 Independent Study</td>
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<td></td>
<td>Emphasis Area Course (11-12 units total) - Take One</td>
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<td>SF State Studies or University Elective</td>
<td>4</td>
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**Units**: 13

**Total Units**: 120-122

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1. ENG 114 can only be taken if you complete Directed Self-Placement (DSP) and select ENG 114; if you choose ENG 104/ ENG 105 through DSP you will satisfy GE Area A2 upon successful completion of ENG 105 in the second semester; multilingual students may be advised into alternative English courses.

2. Depending on courses completed through Early Start, students in Pathway/Category III or IV may be required to enroll in a support course to complement their Quantitative Reasoning/B4 requirement. There are multiple course options for this pathway. Before enrolling in a B4 course, students should verify their MATH Pathway/Category in their Student Center (http://cms.sfsu.edu/content/student-center). Information regarding the courses that correspond with your MATH Pathway/Category can be found on the Developmental Studies Office Website (http://developmentalstudies.sfsu.edu).

3. To avoid taking additional units, it is recommended that you meet SF State Studies requirements (AERM, GP, ES, SJ) within your GE.

4. **Emphasis (11–12 Units)**
   Students must select one of the following three emphases:
   - **Movement Science Emphasis (12 Units)**
     - KIN 325 Computer Applications in Kinesiology (3 units)
     - KIN 331 Peak Performance (3 units) (UD-D, GP, SJ)
     - KIN 437 Physical Dimensions of Aging (3 units)
     - KIN 487 Motor Development (3 units) (UD-B)
     - KIN 538 Therapeutic Exercise (3 units)
     - KIN 539 Motor Assessment of Individuals with Disabilities (3 units)
     - KIN 636 Neuromotor Control Processes (3 units)
     - KIN 680 Quantitative Analysis of Human Movement (3 units)
   - **Social Science Emphasis (12 Units)**
     - KIN 255 Health-Related Fitness and Wellness (3 units) (D1, ES, GP, SJ)
     - KIN 322 Sport in America (3 units)
     - KIN 331 Peak Performance (3 units) (UD-D, GP, SJ)
     - KIN 437 Physical Dimensions of Aging (3 units)
     - KIN 489 History and Philosophy of Sport and Physical Activity (3 units)
     - KIN 490 Introduction to Sport and Fitness Program Management (3 units)
     - KIN 502 Sport and Social Issues (3 units) (UD-D, AERM, SJ)
     - KIN 510 Sport, Movement, and Screen Culture (3 units) (UD-C, GP, SJ)
   - **Exercise Science Emphasis (11–12 Units)**
     (Current CPR certification is required prior to graduating)
     - KIN 308 Instructional Analysis: Fitness Activities (2 units)
     - KIN 437 Physical Dimensions of Aging (3 units)
     - KIN 490 Introduction to Sport and Fitness Program Management (3 units)
     - KIN 538 Therapeutic Exercise (3 units)
     - KIN 555 Exercise Testing and Prescription (3 units)
     - KIN 681 Muscle Mechanics (3 units)
     - KIN 683 Applied Exercise Physiology (3 units)
     - KIN 690 Internship in Fitness/Wellness (3 units)

5. **Activity Requirement (1 Unit)**
   With prior approval of advisor, select one activity course (KIN prefix) representing a fitness-related activity or movement form that complements and enhances the student's personal fitness and movement profile.