## Bachelor of Science in Kinesiology: Concentration in Exercise and Movement Sciences - Quantitative Reasoning Category I/II and ENG 114

120 Total Units Required  
Minimum Number of Units in the Major: 66

This roadmap is a suggested plan of study and does not replace meeting with an advisor. Please note that students may need to adjust the actual sequence of courses based on course availability. Please consult an advisor in your major program for further guidance.

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

**Second Semester**
Select One (Major Prerequisite):

<table>
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<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>BIOL 100 &amp; BIOL 101</td>
<td>Human Biology and Human Biology Laboratory (B2, B3, SJ, Prerequisite for BIOL 220)</td>
</tr>
<tr>
<td>BIOL 230</td>
<td>Introductory Biology I (Prerequisite for BIOL 328)</td>
</tr>
<tr>
<td>CHEM 100</td>
<td>Preparation for Chemistry (Hidden Prerequisite for CHEM 115)</td>
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or SF State Studies or University Elective

GE Area A | 3
GE Area D | 3
**GE Area E** | 3

**Units** | **15**

**Third Semester**

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<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>BIOL 220 or BIOL 328</td>
<td>Principles of Human Anatomy (Major Prerequisite) or Human Anatomy</td>
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**Fourth Semester**
Select One (Major Concentration):

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<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>CHEM 101 &amp; CHEM 102</td>
<td>Survey of Chemistry and Survey of Chemistry Laboratory (B1, B3)</td>
</tr>
<tr>
<td>CHEM 115</td>
<td>General Chemistry I: Essential Concepts of Chemistry</td>
</tr>
</tbody>
</table>

GE Area C | 3
GE Area D | 3
**Units** | **14-15**

**Fifth Semester**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>KIN 250</td>
<td>Introduction to Kinesiology (Major Prerequisite)</td>
</tr>
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Select One (Major Concentration):

<table>
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<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>PHYS 101 &amp; PHYS 102</td>
<td>Conceptual Physics and Conceptual Physics Laboratory (B1, B3)</td>
</tr>
<tr>
<td>PHYS 111 &amp; PHYS 112</td>
<td>General Physics I and General Physics I Laboratory (B1, B3)</td>
</tr>
</tbody>
</table>

GE Area B: Life Science (B2) | 3
or SF State Studies or University Elective if already satisfied

GE Area C | 3
GE Area D | 3
**Units** | **16**

**Sixth Semester**

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<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>KIN 457</td>
<td>Culture, Gender and Movement (Major Core, GP)</td>
</tr>
<tr>
<td>KIN 480</td>
<td>Anatomical Kinesiology (Major Core)</td>
</tr>
</tbody>
</table>

Emphasis Area Course (11-12 units total) - Take Two | 6

**Units** | **15**
Bachelor of Science in Kinesiology: Concentration in Exercise and Movement Sciences - Quantitative Reasoning Category I/II and ENG 114

SF State Studies or University Elective 2

Seventh Semester

KIN 482  Exercise Physiology (Major Concentration) 3

KIN 483  Exercise Physiology Laboratory (Major Concentration) 1

KIN 485  Biomechanics (Major Concentration) 3

KIN 486  Motor Learning (Major Core) 3

Emphasis Area Course (11-12 units total) - Take One 4

GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course) 3

Units 15

Eighth Semester

KIN 404  Sport and Exercise Psychology (Major Core) 3

Select One (Major Concentration): 3

KIN 696  Kinesiology Community-Based Internship

KIN 697 & KIN 698  Integrative Research Seminar and Senior Research Project

KIN 699  Independent Study

Emphasis Area Course (11-12 units total) - Take One 4

SF State Studies or University Elective 4

Units 16

Total Units 120-122

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. Information regarding the courses that correspond with your MATH Pathway/Category can be found on the Developmental Studies Office Website.

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.