

# BACHELOR OF SCIENCE IN KINESIOLOGY: CONCENTRATION IN EXERCISE AND MOVEMENT SCIENCES - QUANTITATIVE REASONING CATEGORY I/II AND STRETCH ENGLISH

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

Course	Title	Units
<b>First Semester</b>		
ENG 104	Writing the First Year: Finding Your Voice Stretch I <sup>1</sup>	3
MATH 124	Elementary Statistics (Major Prerequisite, B4) <sup>2</sup>	3
GE Area A <sup>3</sup>		3
GE Area C		3
GE Area D		3
Units		15
<b>Second Semester</b>		
Select One (Major Prerequisite):		4-5
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)	3
ENG 105	Writing the First Year: Finding Your Voice Stretch II (A2) <sup>1</sup>	3
<u>or SF State Studies or University Elective</u>		
GE Area A		3
GE Area D		3
Units		16-17
<b>Third Semester</b>		
BIOL 220 or BIOL 328	Principles of Human Anatomy (Major Prerequisite) or Human Anatomy	4
Select One (Major Concentration):		4-5

CHEM 101 & CHEM 102	Survey of Chemistry and Survey of Chemistry Laboratory (B1, B3)	
CHEM 115	General Chemistry I: Essential Concepts of Chemistry	
GE Area C		3
GE Area E		3
Units		14-15
<b>Fourth Semester</b>		
BIOL 212 & BIOL 213	Principles of Human Physiology and Principles of Human Physiology Laboratory (Major Concentration)	4
KIN 250	Introduction to Kinesiology (Major Prerequisite)	3
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)	<u>or SF State Studies or University Elective if already satisfied</u>	3
GE Area C		3
GE Area D		3
Units		16
<b>Fifth Semester</b>		
KIN 251	Success in the Kinesiology Major (Major Core)	2
KIN 384GW	Research Methods in Kinesiology - GVAR (Major Core)	3
Major Activity Requirement <sup>5</sup>		1
GE Area UD-B: Upper-Division Physical and/or Life Sciences (Consider SF State Studies Course)		3
GE Area UD-C: Upper-Division Arts and/or Humanities (Consider SF State Studies Course)		3
SF State Studies or University Elective		3
Units		15
<b>Sixth Semester</b>		
KIN 457	Culture, Gender and Movement (Major Core, GP)	3
KIN 480	Anatomical Kinesiology (Major Core)	4
Emphasis Area Course (11-12 units total) - Take Two <sup>4</sup>		6

SF State Studies or University Elective		2
	Units	15
<b>Seventh Semester</b>		
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 <sup>4</sup>		3
GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course)		3
	Units	16
<b>Eighth Semester</b>		
KIN 504	(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 <sup>4</sup>		3
SF State Studies or University Elective		4
	Units	13
	Total Units	120-122

<sup>1</sup> 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.

<sup>2</sup> 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](#).

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

<sup>4</sup> **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)

<sup>5</sup> **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.