

BACHELOR OF SCIENCE IN KINESIOLOGY: CONCENTRATION IN EXERCISE AND MOVEMENT SCIENCES - QUANTITATIVE REASONING CATEGORY III/IV AND STRETCH ENGLISH

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 104	Writing the First Year. Finding Your Voice Stretch I ¹	3
MATH 123	Mathematics for Elementary Statistics ²	2
MATH 124	Elementary Statistics (Major Prerequisite, B4) ²	3
GE Area A ³		3
GE Area C		3
Units		14
Second Semester		
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) ¹	3
or SF State Studies or University Elective		
GE Area A		3
GE Area D		3
Units		16-17

Third Semester		
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

Fourth Semester		
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)	or SF State Studies or University Elective if already satisfied	3
GE Area C		3
GE Area D		3
Units		16

Fifth Semester		
KIN 251	Success in the Kinesiology Major (Major Core)	2
KIN 384GW	Research Methods in Kinesiology - GVAR (Major Core)	3
Major Activity Requirement ⁵		1
GE Area D		3
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
Units		15

Sixth Semester

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 ⁴		6
SF State Studies or University Elective		3
Units		16

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		3
GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course)		3
Units		16

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		3
SF State Studies or University Elective		4
Units		13
Total Units		120-122

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 683 Advanced 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.

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/>).