# 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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td><strong>First Semester</strong></td>
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<tr>
<td>ENG 104</td>
<td>Writing the First Year: Finding Your Voice Stretch I</td>
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<tr>
<td>MATH 123</td>
<td>Mathematics for Elementary Statistics</td>
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<tr>
<td>MATH 124</td>
<td>Elementary Statistics (Major Prerequisite, B4)</td>
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<tr>
<td>GE Area A</td>
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<tr>
<td>GE Area C</td>
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<tr>
<td><strong>Second Semester</strong></td>
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<tr>
<td>BIOL 100 &amp; BIOL 101</td>
<td>Human Biology and Human Biology Laboratory (B2, B3, S.J, Prerequisite for BIOL 220)</td>
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<tr>
<td>BIOL 230</td>
<td>Introductory Biology I (Prerequisite for BIOL 328)</td>
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<tr>
<td>CHEM 100</td>
<td>Preparation for Chemistry (Hidden Prerequisite for CHEM 115)</td>
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<tr>
<td>ENG 105</td>
<td>Writing the First Year: Finding Your Voice Stretch II (A2)</td>
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<tr>
<td>GE Area A</td>
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<tr>
<td>GE Area D</td>
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<tr>
<td><strong>Third Semester</strong></td>
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<tr>
<td>BIOL 220 or BIOL 328</td>
<td>Principles of Human Anatomy (Major Prerequisite) or Human Anatomy</td>
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<td>Select One (Major Concentration):</td>
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<tr>
<td>CHEM 101 &amp; CHEM 102</td>
<td>Survey of Chemistry and Survey of Chemistry Laboratory (B1, B3)</td>
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<tr>
<td>CHEM 115</td>
<td>General Chemistry I: Essential Concepts of Chemistry</td>
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<td>GE Area C</td>
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<td>GE Area E</td>
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<tr>
<td><strong>Fourth Semester</strong></td>
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<tr>
<td>BIOL 212 &amp; BIOL 213</td>
<td>Principles of Human Physiology and Principles of Human Physiology Laboratory (Major Concentration)</td>
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<tr>
<td>KIN 250</td>
<td>Introduction to Kinesiology (Major Prerequisite)</td>
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<tr>
<td>Select One (Major Concentration):</td>
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<tr>
<td>PHYS 101 &amp; PHYS 102</td>
<td>Conceptual Physics and Conceptual Physics Laboratory (B1, B3)</td>
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<td>or SF State Studies or University Elective if already satisfied</td>
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<td>GE Area C</td>
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<td>GE Area D</td>
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<td><strong>Total</strong></td>
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<tr>
<td><strong>Fifth Semester</strong></td>
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<tr>
<td>KIN 251</td>
<td>Success in the Kinesiology Major (Major Core)</td>
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<tr>
<td>KIN 384GW</td>
<td>Research Methods in Kinesiology - GWAR (Major Core)</td>
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<tr>
<td>Major Activity Requirement</td>
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<td>GE Area D</td>
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<tr>
<td>GE Area UD-B: Upper-Division Physical and/or Life Sciences (Consider SF State Studies Course)</td>
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<td>or SF State Studies or University Elective</td>
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<tr>
<td>GE Area UD-C: Upper-Division Arts and/or Humanities (Consider SF State Studies Course)</td>
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1. Stretch I  
2. Stretch II  
3. GE Area A  
4. GE Area C  
5. Major Core
### Sixth Semester

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<thead>
<tr>
<th>Course</th>
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<th>Units</th>
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<tbody>
<tr>
<td>KIN 457</td>
<td>Culture, Gender and Movement (Major Core, GP)</td>
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<tr>
<td>KIN 480</td>
<td>Anatomical Kinesiology (Major Core)</td>
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<td></td>
<td><strong>Emphasis Area Course</strong> (11-12 units total) - Take Two</td>
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<td>SF State Studies or University Elective</td>
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### Seventh Semester

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

<table>
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<th>Course</th>
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<tbody>
<tr>
<td>KIN 504</td>
<td>(Major Core)</td>
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<td>Select One (Major Concentration):</td>
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<tr>
<td>KIN 696</td>
<td>Kinesiology Community-Based Internship</td>
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<tr>
<td>KIN 697</td>
<td>Integrative Research Seminar and Senior Research Project</td>
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<tr>
<td>KIN 699</td>
<td>Independent Study</td>
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<td></td>
<td><strong>Emphasis Area Course</strong> (11-12 units total) - Take One</td>
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<td>SF State Studies or University Elective</td>
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### 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. 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) (D3-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.