# Kinesiology SF State Scholars Roadmap

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</table>

## First Year

### Fall Semester

**MATH 124**  
Elementary Statistics  
3 units

GE Area A: Oral Communication (A1) or Critical Thinking (A3)  
3 units

GE Area A: Written English Communication (A2)  
3 units

GE Area C: Arts (C1)  
3 units

GE Area D: Social Sciences (D1)  
3 units

**Units**  
15

### Spring Semester

**BIOL 100**  
Human Biology or Introductory Biology I  
4-5 units

GE Area A: Oral Communication (A1) or Critical Thinking (A3)  
3 units

GE Area A: Written English Communication II (A4)  
3 units

GE Area C: Arts (C1) or Humanities (C2)  
3 units

GE Area D: U.S. History (D2) or U.S. and California Government (D3)  
3 units

**Units**  
16-17

## Second Year

### Fall Semester

**BIOL 220**  
Principles of Human Anatomy or Human Anatomy  
4 units

CHEM 101 & CHEM 102 or CHEM 115  
Survey of Chemistry or General Chemistry I: Essential Concepts of Chemistry  
4-5 units

Major Activity Requirement  
1 unit

GE Area C: Humanities: Literature (C3)  
3 units

GE Area D: U.S. History (D2) or U.S. and California Government (D3)  
3 units

**Units**  
15-16

### Spring Semester

**BIOL 212** & BIOL 213  
Principles of Human Physiology and Principles of Human Physiology Laboratory  
4 units

KIN 250  
Introduction to Kinesiology  
3 units

PHYS 101 & PHYS 102 or PHYS 111 and PHYS 112  
Conceptual Physics or General Physics I and General Physics I Laboratory  
4 units

**Units**  
15

## Third Year

### Fall Semester

KIN 384GW  
Research Methods in Kinesiology - GWAR  
3 units

KIN 251  
Success in the Kinesiology Major  
2 units

Emphasis Area Course (11-12 Units Total)  
3 units

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

**Units**  
14

### Spring Semester

KIN 480  
Anatomical Kinesiology  
4 units

KIN 486  
Motor Learning  
3 units

KIN 457  
Culture, Gender and Movement  
3 units

KIN 482 & KIN 483  
Exercise Physiology and Exercise Physiology Laboratory  
4 units

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

**Units**  
17

## Fourth Year

### Fall Semester

KIN 485  
Biomechanics  
3 units

KIN 504  
Sport and Exercise Psychology  
3 units

KIN 710  
Research in Kinesiology  
3 units

Select one of the following:

- 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 two  
6 units

**Units**  
15

### Spring Semester

KIN 715  
Research Designs and Analysis  
3 units

Emphasis Area Course (11-12 units total)  
3 units

Graduate Emphasis Course (15 Units Total) - Take Two  
6 units

SF State Studies or University Elective  
3 units

**Units**  
15
Fifth Year

Fall Semester

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<tr>
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<tbody>
<tr>
<td>KIN 795</td>
<td>Seminar in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 897</td>
<td>Independent Research in Kinesiology</td>
<td>3</td>
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</table>

or Elective Upon Advisement

Graduate Emphasis Course (15 Units Total) - Take Two

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<tbody>
<tr>
<td>SF State Studies or University Elective</td>
<td></td>
<td>3</td>
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Spring Semester

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<tbody>
<tr>
<td>KIN 898</td>
<td>Master’s Thesis or Master’s Project in Kinesiology</td>
<td>3</td>
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Graduate Emphasis Course (15 Units Total)

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<tbody>
<tr>
<td>SF State Studies or University Elective - Take Two</td>
<td></td>
<td>6</td>
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Total Units 149-151

1 Depending on courses completed through Early Start, students in Pathway/Category 3 or 4 may be required to enroll in a support course to complement their MATH 124 course (MATH 124 concurrently with MATH 123MATH 123). 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).

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

3 ENG 114ENG 114 can only be taken if you complete Directed Self-Placement (DSP) and select ENG 114; if you choose ENG 104ENG 104/ ENG 105ENG 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.

4 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.

5 Movement Science Emphasis (12 Units)
- KIN 325 Computer Applications in Kinesiology (3 units)
- KIN 331 Peak Performance (3 units)
- KIN 437 Physical Dimensions of Aging (3 units)
- KIN 487 Motor Development (3 units)
- 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)

6 Social Science Emphasis (12 Units)
- KIN 255 Health-Related Fitness and Wellness (3 units)
- KIN 322 Sport in America (3 units)
- KIN 331 Peak Performance (3 units)
- 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)
- KIN 510 Sport, Movement, and Screen Culture (3 units)

7 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)

8 Emphasis in Exercise Physiology
- KIN 740 Advanced Exercise Metabolism (3 units)
- KIN 742 Exercise and Cardiovascular Dynamics (3 units)
- KIN 746 Clinical Exercise Physiology (3 units)
- KIN 755 Exercise Electrocardiography, Testing, and Prescription (3 units)
- KIN 781 Muscle Mechanics (3 units)

9 Emphasis in Movement Physiology
- KIN 730 Advanced Biomechanics (3 units)
- KIN 733 Motor Learning (3 units)
- KIN 736 Advanced Neuromotor Control (3 units)
- KIN 763 Motivation and Performance (3 units)

10 Elective Upon Advisement for 3 Units

11 Emphasis in Physical Activity: Social Science Perspectives
- KIN 734 Physical Activity Programs for Underserved Youth (3 units)
- KIN 763 Motivation and Performance (3 units)
- KIN 766 Sociocultural Bases of Physical Activity (3 units)

12 Electives Upon Advisement for 6 Units

13 Credential Students
- KIN 750 Curriculum and Instruction I: Physical Education (3 units)
- KIN 751 Curriculum and Instruction II: Physical Education (3 units)

14 To apply for award of certificate, you must submit the Certificate Approved Program form to your advisor and Graduate Program Coordinator. You will need to pay a processing fee at the Cashier’s Office before submitting the form and your unofficial transcripts to the GradStop Counter. For further information and to access the online forms go to sfsu.edu/~gradstdy/forms/cap.pdf (http://www.sfsu.edu/~gradstdy/forms/cap.pdf)

15 These courses should be used instead of electives.