

BACHELOR OF SCIENCE IN KINESIOLOGY: CONCENTRATION IN EXERCISE AND MOVEMENT SCIENCES ROADMAP

120 Total Units Required
Minimum Number of Units in the Major: 65

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) ¹	3
Quantitative Reasoning Prerequisite (B4) (3-4 units) - Take One ^{2,3}		3-4
GE Area A ⁴		3
GE Area C		3
SF State Studies or University Elective		3
Units		15-16
Second Semester		
Select One (Major Prerequisite):		4-5
BIOL 100 & BIOL 101	Human Biology and Human Biology Laboratory (B2, B3, Prerequisite for BIOL 220)	
BIOL 230	Introductory Biology I (Prerequisite for BIOL 328)	
GE Area A		3
GE Area D		3
GE Area E		3
SF State Studies or University Elective		3
Units		16-17
Third Semester		
Select One (Major Prerequisite):		4
BIOL 220	Principles of Human Anatomy	
BIOL 328	Human Anatomy	
Select One (Major Prerequisite):		4
CHEM 101 & CHEM 102	Survey of Chemistry and Survey of Chemistry Laboratory (B1, B3)	
CHEM 115	General Chemistry I	
GE Area C		3

GE Area D		3
Units		14
Fourth Semester		
BIOL 212 & BIOL 213	Principles of Human Physiology and Principles of Human Physiology Laboratory (Major Prerequisite)	4
KIN 250	Introduction to Kinesiology (Major Prerequisite)	3
Select One (Major Concentration):		4
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 C		3
Units		14
Fifth Semester		
KIN 384GW	Research Methods in Kinesiology - GVAR (Major Core)	3
KIN 404	Sport and Exercise Psychology (Major Concentration)	3
Major Activity Requirement ⁵		1
GE Area F [±]		3
GE Area UD-B: Upper-Division Physical and/or Life Sciences		3
SF State Studies or University Elective		2
Units		15
Sixth Semester		
KIN 457	Culture, Gender, and Movement (Major Core, GP)	3
KIN 480	Anatomical Kinesiology (Major Core)	4
Major Electives (12 units total) - Take Two ⁶		6
U.S. and California Government (http://bulletin.sfsu.edu/undergraduate-education/american-institutions/#usg)		3
Units		16
Seventh Semester		
KIN 482	Exercise Physiology (Major Core)	3
KIN 483	Exercise Physiology Laboratory (Major Concentration)	1
KIN 485	Biomechanics (Major Concentration)	3
KIN 486	Motor Learning (Major Core)	3
Major Electives (12 units total) - Take One ⁶		3

GE Area UD-D: Upper-Division Social Sciences	3
Units	16
Eighth Semester	
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
Major Electives (12 units total) - Take One ⁶	3
GE Area UD-C: Upper-Division Arts and/or Humanities	3
SF State Studies or University Elective - Take Two	5
Units	14
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 To determine the best B4 course option, students should complete the online advising activity at mathadvising.sfsu.edu (<https://mathadvising.sfsu.edu/>). Questions? Contact Gator Smart Start. (<https://gatorsmartstart.sfsu.edu/>)

³ **Quantitative Reasoning Requirement (3-4 units)**

Select One:

ETHS 116 Algebra and Statistics for Social Justice (4 units) (B4, SJ)

ETHS 117 Statistics for Social Justice (3 units) (B4, SJ)

ISED 160 Data Analysis in Education (3 units) (B4)

MATH 124 Elementary Statistics (3 units) (B4)

PSY 171 Quantitative Reasoning in Psychology (3 units) (B4)

⁴ To avoid taking additional units, it is recommended that you meet the **SF State Studies** (AERM, GP, ES, SJ) requirements within your GE or major.

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.

KIN 100 Aerobics: Low Impact (1 unit)

KIN 103 Aerobics: Steps (1 unit)

KIN 136 Hatha Yoga (1 unit)

KIN 139 Jogging (1 unit)

KIN 148 Elementary Kung Fu (1 unit)

KIN 151 Tae Kwon Do (1 unit)

KIN 161 Shaolin Chuan: Tan-Tui (1 unit)

KIN 164 Elementary Soccer (1 unit)

KIN 171 Beginning Swimming: Non-Swimmers (1 unit)

KIN 172 Elementary Swimming (1 unit)

KIN 175 (unit)

KIN 189 Weight Training: Beginners Only (1 unit)

KIN 191 Individualized Weight Training (1 unit)

KIN 272 Intermediate/Advanced Swimming (1 unit)

⁶ **Electives (12 Units)**

Students must take 12 units of electives. Groupings of electives in three focus areas are provided below, but other groups are possible

and students should meet with an advisor to select electives that align with their career path. The movement science area focuses on the factors that influence the neuromotor control, learning, relearning, and development of motor skills and analysis. The social science area focuses on the socio-cultural and psychological factors that serve to constrain and define human movement, fitness, and physical activity. The exercise science area focuses on the physiology of exercise, fitness and health, exercise prescription, and fitness programming in healthy adults, youth, elderly, and clinical populations.

Movement Science Focus Area

KIN 325 Computer Applications in Kinesiology (3 units)

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 Musculoskeletal Biomechanics and Human Movement (3 units)

Social Science Focus Area

KIN 322 Sport in America (3 units)

KIN 331 Peak Performance (3 units) (UD-D, GP, SJ)

KIN 434 Sport-Based Youth Development (3 units)

KIN 489 History and Philosophy of Sport and Physical Activity (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)

KIN 604 Advanced Exercise Psychology (3 units)

Exercise Science Focus Area

KIN 310 Youth Development Instructional Analysis I (3 units)

or KIN 312 Youth Development Instructional Analysis II (3 units)

KIN 314 Principles of Strength and Conditioning (3 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)

± Given catalog rights, fall 2023 transfer students do not need to complete an Area F course.