B.S. AND M.S. IN KINESIOLOGY SF STATE SCHOLARS ROADMAP

The San Francisco State Scholars program provides undergraduate students with an accelerated pathway to a graduate degree. Students in this program pursue a bachelor's and master's degree simultaneously. This program allows students to earn graduate credit while in their junior and/or senior year, reducing the number of semesters required for completion of a master's degree.

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 Year**
**Fall Semester**  
ENG 114 | Writing the First Year: Finding Your Voice (A2) | 3  
Quantitative Reasoning Prerequisite (B4) - Take One | 3-4  
GE Area A | 3  
GE Area C | 3  
GE Area D | 3  
**Units** | 15-16  
**Spring Semester**  
Select One (Major Prerequisite): | 4-5  
BIOL 100 & BIOL 101 | Human Biology and Human Biology Laboratory (B2, B3) |  
BIOL 230 | Introductory Biology I |  
GE Area A | 3  
GE Area C - Take Two | 6  
GE Area E | 3  
**Units** | 14-15

### Second Year
**Fall Semester**  
Select One (Major Prerequisite): | 3  
BIOL 220 | Principles of Human Anatomy |  
BIOL 328 | Human Anatomy |  
Select One (Major Prerequisite): | 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 |  
Major Activity Requirement | 1  
GE Area D | 3  
**Units** | 16-17

### Third Year
**Fall Semester**  
KIN 384GW | Research Methods in Kinesiology - GWAR (Major Core) | 3  
KIN 404 | Sport and Exercise Psychology (Major Concentration) | 3  
Major Electives (12 units total) | 3  
GE Area UD-B: Upper-Division Physical and/or Life Sciences | 3  
GE Area UD-D: Upper-Division Social Sciences | 3  
**Units** | 15

### Fourth Year
**Fall Semester**  
KIN 457 | Culture, Gender and Movement (Major Core) | 3  
KIN 480 | Anatomical Kinesiology (Major Core) | 4  
KIN 482 | Exercise Physiology (Major Core) | 3  
KIN 483 | Exercise Physiology Laboratory (Major Concentration) | 1  
KIN 486 | Motor Learning (Major Core) | 3  
**Units** | 14  
Select one (Culminating Experience): | 3
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>KIN 696</td>
<td>Community-Based Internship</td>
</tr>
<tr>
<td>KIN 697 &amp; KIN 698</td>
<td>Integrative Research Seminar and Senior Research Project</td>
</tr>
<tr>
<td>KIN 699</td>
<td>Independent Study</td>
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<tr>
<td>Major Electives (12 units total) – Take Two</td>
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<td>KIN 710</td>
<td>Research in Kinesiology (Master’s Core)</td>
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<tr>
<td>GE Area UD-C: Upper-Division Arts and/or Humanities</td>
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Spring Semester

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<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>Major Electives (12 units total)</td>
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<tr>
<td>KIN 715</td>
<td>Research Designs and Analysis (Master’s Core)</td>
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<tr>
<td>Graduate Emphasis Course (15 Units Total) - Take Two</td>
<td>6</td>
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<tr>
<td>SF State Studies or University Elective</td>
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Units | 18 |

Fifth Year

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>KIN 795</td>
<td>Seminar in Kinesiology (Master’s Core)</td>
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<tr>
<td>Select One (Culminating Experience):</td>
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</tr>
<tr>
<td>KIN 897</td>
<td>Independent Research in Kinesiology</td>
</tr>
<tr>
<td>Elective Upon Advisement</td>
<td></td>
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<tr>
<td>Graduate Emphasis Course (15 Units Total) - Take Two</td>
<td>7</td>
</tr>
<tr>
<td>SF State Studies or University Elective</td>
<td>3</td>
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Units | 15 |

Spring Semester

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>Select One (Culminating Experience):</td>
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</tr>
<tr>
<td>KIN 895</td>
<td>Master’s Project in Kinesiology</td>
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<tr>
<td>KIN 898</td>
<td>Master’s Thesis</td>
</tr>
<tr>
<td>Graduate Emphasis Course (15 Units Total)</td>
<td>7</td>
</tr>
<tr>
<td>SF State Studies or University Elective - Take Two</td>
<td>6</td>
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Units | 12 |

Total Units | 148-151 |

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 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)

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)

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

(CURRENT CPR CERTIFICATION IS REQUIRED PRIOR TO GRADUATING)

KIN 310 Youth Development Instructional Analysis I (3 units)
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)

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 Physiology (3 units)
**Emphasis in Movement Physiology**
KIN 730 Advanced Biomechanics (3 units)^7
KIN 733 Motor Learning (3 units)^7
KIN 736 Advanced Neuromotor Control (3 units)^7
KIN 763 Motivation and Performance (3 units)
Elective Upon Advisement for 3 Units

**Emphasis in Physical Activity: Social Science Perspectives**
KIN 734 Sport-Based Youth Development (3 units)^7
KIN 763 Motivation and Performance (3 units)^7
KIN 766 Sociocultural Bases of Physical Activity (3 units)^7
Electives Upon Advisement for 6 Units

**Credential Students**
KIN 750 Curriculum and Instruction I: Physical Education (3 units)^9
KIN 751 Curriculum and Instruction II: Physical Education (3 units)^9

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)

^9 These courses should be used instead of electives.

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