

# KINESIOLOGY BS + KINESIOLOGY MS 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
<b>First Year</b>		
<b>Fall Semester</b>		
ENG 114	Writing the First Year: Finding Your Voice (A2) <sup>1</sup>	3
Quantitative Reasoning Prerequisite (B4) (3-4 units) - Take One <sup>2,3</sup>		3-4
GE Area A <sup>4</sup>		3
GE Area C		3
GE Area D		3
<b>Units</b>		<b>15-16</b>
<b>Spring Semester</b>		
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
<b>Units</b>		<b>16-17</b>
<b>Second Year</b>		
<b>Fall Semester</b>		
Select One (Major Prerequisite):		3
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	
Major Activity Requirement <sup>5</sup>		1
GE Area D		3
U.S. and California Government ( <a href="http://bulletin.sfsu.edu/undergraduate-education/american-institutions/#usg">http://bulletin.sfsu.edu/undergraduate-education/american-institutions/#usg</a> )		3
<b>Units</b>		<b>14</b>

<b>Spring Semester</b>		
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 F <sup>±</sup>		3
<b>Units</b>		<b>14</b>

<b>Third Year</b>		
<b>Fall Semester</b>		
KIN 384GW	Research Methods in Kinesiology - GVAR (Major Core)	3
KIN 404	Sport and Exercise Psychology (Major Concentration)	3
Major Electives (12 units total) <sup>6</sup>		3
GE Area UD-B: Upper-Division Physical and/or Life Sciences		3
GE Area UD-D: Upper-Division Social Sciences		3
<b>Units</b>		<b>15</b>

<b>Spring Semester</b>		
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
<b>Units</b>		<b>14</b>

<b>Fourth Year</b>		
<b>Fall Semester</b>		
KIN 485	Biomechanics (Major Concentration)	3
Select one (Culminating Experience):		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 Two <sup>6</sup>		6
KIN 710	Research in Kinesiology (Master's Core)	3
GE Area UD-C: Upper-Division Arts and/or Humanities		3
<b>Units</b>		<b>18</b>
<b>Spring Semester</b>		
Major Electives (12 units total) <sup>6</sup>		3
KIN 715	Research Designs and Analysis (Master's Core)	3
Graduate Emphasis Course (15 Units Total) - Take Two <sup>7</sup>		6
SF State Studies or University Elective		3
<b>Units</b>		<b>15</b>
<b>Fifth Year</b>		
<b>Fall Semester</b>		
KIN 795	Seminar in Kinesiology (Master's Core)	3
Select One (Culminating Experience):		3
KIN 897	Independent Research in Kinesiology	
Elective Upon Advisement		
Graduate Emphasis Course (15 Units Total) - Take Two <sup>7</sup>		6
SF State Studies or University Elective		3
<b>Units</b>		<b>15</b>
<b>Spring Semester</b>		
Select One (Culminating Experience):		3
KIN 895	Master's Project in Kinesiology	
KIN 898	Master's Thesis	
Graduate Emphasis Course (15 Units Total) <sup>7</sup>		3
SF State Studies or University Elective - Take Two		6
<b>Units</b>		<b>12</b>
<b>Total Units</b>		<b>148-150</b>

<sup>1</sup> 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.

<sup>2</sup> 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/)

<sup>3</sup> **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)  
<sup>4</sup> 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.  
<sup>5</sup> **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)

<sup>6</sup> **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)

<sup>7</sup> **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)<sup>7</sup>

KIN 733 Motor Learning (3 units)<sup>7</sup>

KIN 736 Advanced Neuromotor Control (3 units)<sup>7</sup>

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)<sup>7</sup>

KIN 763 Motivation and Performance (3 units)<sup>7</sup>

KIN 766 Sociocultural Bases of Physical Activity (3 units)<sup>7</sup>

Electives Upon Advisement for 6 Units

*Credential Students*

KIN 750 Curriculum and Instruction I: Physical Education (3 units)<sup>8</sup>

KIN 751 Curriculum and Instruction II: Physical Education (3 units)<sup>8</sup>

<sup>8</sup> 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) (<http://www.sfsu.edu/~gradstdy/forms/cap.pdf>)

<sup>9</sup> These courses should be used instead of electives.

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