

\*The following roadmap is a sample academic planning resource. Please consult your academic advisor and Academic Catalog for graduation requirements as you develop your individualized academic plan.

**College: Health and Human Services**

**Degree: BS – Bachelor of Science**

**Major: Exercise Science (Health Fitness & Strength Conditioning)\***

Term #	Course #	Course Title	Units
5	X	Elective	3
	X	Upper Division General Education Requirement Area D	3
	BIO 131	Systemic Physiology	4
	KINS 144	Analysis of Weight Training & Muscular Fitness	2
	KINS 151	Kinesiology	3
		Semester Total	15
6	KINS 156	Care of Athletic Injuries	3
	KINS 152	Physiology of Exercise	3
	NUFD 113	Nutrition and Metabolism	3
	KINS 151A	Biomechanics	3
	X	KINS Major Elective	3
		Semester Total	15
7	KINS 158	Motor Learning and Control	3
	KINS 152A	Fundamentals of Exercise Programs	3
	KINS 152S	Energy Production & Sports Performance	3
	KINS 153	Cardiovascular Testing and Exercise Prescription	3
	X	KINS Major Elective	3
		Semester Total	15
8	X	KINS Major Elective	3
	X	KINS Major Elective	3
	X	American Institutions (HIST)	3
	X	American Institutions (GOVT)	3
	X	Upper Division General Education Requirement Area C and Writing Intensive	3
		Semester Total	15