

*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: *Kinesiology (Physical Activity & Wellness)**

Term #	Course #	Course Title	Units
5	KINS 101	Kinesiology: Research and Practice	2
	KINS 138	Sport Pedagogy	3
	KINS 132	Planning, Designing, and Managing a Fitness Center	3
	KINS 134	History and Philosophy of Physical Education and Sport	3
	X	Foreign Language Graduation Requirement Semester 1	4
		Semester Total	15
6	X	Foreign Language Graduation Requirement Semester 2	4
	KINS 150	Exercise and Sport Physiology	3
	KINS 149	Professional Activities of Health and Skill Related Fitness	3
	KINS 137	Sociology of Sport	3
	KINS 151D	Applied Kinesiology and Biomechanics	3
		Semester Total	16
7	X	Upper Division General Education Requirement Area C and Writing Intensive	3
	X	KINS Major Elective	3
	KINS 120	Strength and Conditioning	3
	KINS 136	Sport and Aging	3
	KINS 160	Sport and Exercise Psychology	3
		Semester Total	15
8	KINS 194A	Assigned Field Experience in Kinesiology	2
	X	KINS Major Elective	3
	KINS 158	Motor Learning and Control	3
	X	Upper Division General Education Requirement Area D + American Institutions (GOVT)	3
	X	American Institutions (HIST)	3
		Semester Total	14