

\*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: College of Health and Human Services**

**Degree: BS – Bachelor of Science**

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

Term #	Course #	Course Title	Units
1	BIO 10	Basic Biological Concepts	3
	ENGL 5	Accelerated Academic Literacies	3
	MATH 10	Essentials of Algebra	3
	NUFD 10	Nutrition and Wellness	3
	X	General Education Requirement Area A3	3
Semester Total			15
2	BIO 22	Introductory Human Anatomy	4
	STAT 1	Introduction to Statistics	3
	X	General Education Requirement Area A1	3
	X	American Institutions (US HIST)	3
	X	General Education Requirement Area F	3
Semester Total			16
3	ENGL 20	College Composition II	3
	X	General Education Requirement Area C1	3
	X	General Education Requirement Area C2	3
	X	CHEM Pre-Major Required Course Series	5
Semester Total			14
4	POLS 1	Essentials of Government	3
	PSYC 2	Introductory Psychology	3
	X	General Education Requirement Area C	3
	X	KINS Activity Course	3
	X	CHEM Pre-Major Required Course Series	5
Semester Total			17

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