

\*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: Kinesiology (Physical Activity and Wellness)\***

Term #	Course #	Course Title	Units
1	BIO 10	Basic Biological Concepts	3
	ENGL 5	Accelerated Academic Literacies	3
	MATH 10	Essentials of Algebra	3
	X	General Education Requirement Area A1	3
	X	General Education Requirement Area F	3
		Semester Total	15
2	BIO 25	Human Anatomy and Physiology I	4
	KINS 99	Exercise for Healthy Living	2
	STAT 1	Introduction to Statistics	3
	X	General Education Requirement Area A3	3
	X	American Institutions (US HIST)	3
		Semester Total	15
3	BIO 26	Human Anatomy and Physiology II	4
	ENGL 20	College Composition II	3
	KINS 101	Kinesiology: Research and Practice	2
	X	General Education Requirement Area C1	3
	X	General Education Requirement Area C	3
		Semester Total	15
4	KINS 138	Sport Pedagogy	3
	NUFD 10	Nutrition and Wellness	3
	PHYS 5A	General Physics: Mechanics, Heat, Sound	4
	X	General Education Requirement Area D	3
	X	Elective	3
		Semester Total	16

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<b>Term #</b>	<b>Course #</b>	<b>Course Title</b>	<b>Units</b>
5	KINS 132	Planning, Designing, and Managing a Fitness Center	3
	KINS 134	History and Philosophy of Physical Education and Sport	3
	KINS 150	Exercise and Sports Physiology	3
	X	KINS Activity Course	1
	X	Foreign Language Semester 1	4
		Semester Total	14
6	KINS 137	Sociology of Sport	3
	KINS 149	Professional Activities of Health and Skill Related Fitness	3
	KINS 151D	Applied Kinesiology and Biomechanics	3
	POLS 1	Essentials of Government	3
	X	Foreign Language Graduation Requirement Semester 2	4
		Semester Total	16
7	KINS 120	Strength and Conditioning	3
	KINS 136	Sport and Aging	3
	KINS 160	Sport and Exercise Psychology	3
	X	Upper Division General Education Requirement Area C + Writing Intensive	3
	X	KINS Major Elective	3
		Semester Total	15
8	KINS 158	Motor Learning and Control	3
	KINS 194A	Assigned Field Experience in Kinesiology	2
	X	KINS Major Elective	3
	X	Upper Division General Education Requirement Area D	3
	X	Elective	3
		Semester Total	14