

IP: _____ Units Needed: _____ Units:

Total:

Updt:

CATALOG YEARS: 2009-2010

TOTAL UNITS REQUIRED = 120

Kinesiology (B.S.)

Option in Applied Exercise Science

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Student Name: _____ ID# _____ Grad Term: _____

- It is highly recommended that you meet with your faculty advisor at least once a year.
- All non-articulated courses MUST be approved and submitted by a faculty advisor.
- All courses used for the major must be completed with a grade of C (2.0) or better.
- A minimum of 18 units of upper division course work in Kinesiology must be completed at CSUSM.
- Nine units of lower-division General Education units in Area B (Mathematics & Sciences) and D (Social Sciences) are automatically satisfied by courses taken in Preparation for the major.

PREPARATION FOR THE MAJOR (28 UNITS)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
BIOL 104 - Principles of Biology: Human Emphasis	4							
BIOL 177 - Intro to Anatomy/Physiology I for Kinesiology * BIOL 175 to meet this requirement in Fall 2009 only	4							
BIOL 178 - Intro to Anatomy/Physiology II for Kinesiology * BIOL 176 to meet this requirement in Fall 2009 only	4							
CHEM 105 - Organic and Biochemistry for Life	4							
CHEM 105L - Organic and Biochemistry for Life Lab	1							
KINE 200 - First Aid and Safety	1							
KINE 201 - CPR and AED	1							
KINE 202 - Intro to Physical Education and Kinesiology	3							
KINE 204 - Tech & Analysis of Fitness & Weight Training	3							
PSYC 100 - Introduction to Psychology	3							

Upper Division Core (37 Units)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met
KINE 300 - Biomechanics of Human Movement (Prerequisites: BIOL 177, 178)	3							
KINE 301 - Motor Control & Learning (Prerequisites: BIOL 177, 178, KINE 202)	3							
KINE 302 - Sports Medicine (Prerequisites: BIOL 177, 178)	3							
KINE 304 - Adapted Physical Education (Prerequisite: KINE 202)	3							
KINE 305 - Applied Kinesiology (Prerequisites: BIOL 177,178, KINE 202, 204)	3							
KINE 306 - Exercise, Fitness and Health	3							
KINE 326 - Introduction to Exercise Physiology (Prerequisites: BIOL 177, 178)	4							
KINE 336 - Nutrition, Health, and Human Performance	3							
KINE 403 - Measurement & Evaluation in Kinesiology (Prerequisites: KINE 204, B4 Math requirement)	3							
KINE 406 - Stress Testing and Exercise Prescription (Prerequisite: KINE 326)	3							
KINE 426 - Exercise Physiology of Special Populations (Prerequisites: KINE 204, 326)	3							
KINE 495 - Internship (Prerequisites: > 90 credit hours, KINE 326, Faculty approval)	3							

Kinesiology (B.S.)
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• **Major Elective Course (3-4 units)**

➤ *Choose one (1) course from the following:*

- Any additional 300 or 400-level KINE course (3)
- HIST 300D - History of Sport in the United States (3)
- PHYS 205 - Physics for the Biological Sciences (4)
- PSYC 330 - Developmental Psych: Infancy/Childhood (3)
- PSYC 336 - Abnormal Psychology (3)
- PSYC 356 - Developmental Aging (3)
- SOC 314 - Health and Society (4)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met

Date _____		Advisor Signature _____	
Grade Update: _____	(2) Date: _____	(3) Date: _____	

Recommended Course Sequence: Kinesiology, Option in Applied Exercise Science

First Semester	Units	Second Semester	Units	Summer	Units
BIOL 104	4	BIOL 177 (GE-B2)	4		
GEW 101 (GE-A2)	3	GEO 102 (GE-A1)	3		
GE (B4 - MATH 125 recomm.)	3-4	GE (A3 Critical thinking)	3		
Foreign Lang 101 (if needed)	4	Foreign Lang 102 (if needed)	4		
CCR /CS 100 (take 1 st yr)					
Total Units	14-15	Total Units	14		
First Semester	Units	Second Semester	Units	Summer	Units
BIOL 178	4	CHEM 105 (GE-B1)	4		
HIST 130 or 131 (GE-DH)	3	CHEM 105L (GE-B3)	1		
GE (C1 Fine arts)	3	GE (D7-Interdisc. LD SS)	3		
KINE 202	3	GE (C2 Humanities)	3		
For Lang 201(if needed) or GE-C	3	PSCI 100 (GE-DC,DG)	3		
		KINE 204	3		
Total Units	16	Total Units	17		
First Semester	Units	Second Semester	Units	Summer	Units
KINE 305	3	KINE 301	3		
KINE 306 (GE-E)	3	KINE 302	3		
KINE 336	3	KINE 304	3		
PSYC 100 (GE-D)	3	Upper Division GE (BB,CC,DD)	3		
Upper Division GE (BB,CC,DD)	3	Upper Division GE (BB,CC,DD)	3		
Total Units	15	Total Units	15		
First Semester	Units	Second Semester	Units	Summer	Units
KINE 200	1	KINE 403	3		
KINE 201	1	KINE 406	3		
KINE 300	3	KINE 426	3		
KINE 326	4	KINE 495	3		
Upper Division major elective	3-4	Free elective	3		
Free elective	3				
Total Units	15-16	Total Units	15		

★ If you take the “BB”, “CC” or “DD” courses prior to Junior status, the courses will NOT count to clear the UDJGE requirement.