

IP: _____ Units Needed: _____ Units:

Total:

Updt:

CATALOG YEARS: 2007-2009

TOTAL UNITS REQUIRED = 120

Kinesiology (B.S.)
Option: 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.
- Minimum of 40 units of upper division coursework must be completed (CSUSM + any other 4 year institutions)
- 30 residency units must be completed at CSUSM
- 18 upper division units in the major must be completed at CSUSM. (Title V only requires 12, the 18 being designated by KINE Dept)
- 24 upper division units must completed at CSUSM

PREPARATION FOR THE MAJOR (28 UNITS)

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met	petition
BIOL 104 - Principles of Biology: Human Emph. (no prereq) OR BIOL 210 - Intro to Cell & Molec Biol (Prereq- CHEM 100/ 150)	4								
BIOL 175 - Intro to Anatomy /Physiology I	4								
BIOL 176 - Intro to Anatomy /Physiology II	4								
CHEM 100/100L - Organic & Biochemistry of Life OR CHEM 150 - General Chemistry (Prerequisite B4 math)	5								
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 REQUIREMENTS (37 UNITS):

Course Number/Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met	petition
KINE 300 - Biomechanics of Human Movement (Prerequisites: BIOL 175, 176)	3								
KINE 301 - Motor Control & Learning (Prerequisites: BIOL 175, 176, KINE 202)	3								
KINE 302 - Sports Medicine (Prerequisites: BIOL 175, 176)	3								
KINE 304 - Adapted Physical Education (Prerequisites: KINE 202)	3								
KINE 305 - Applied Kinesiology (Prerequisites: BIOL 175,176 and KINE 202, 204)	3								
KINE 306 - Exercise, Fitness and Health	3								
KINE 326 - Introduction to Exercise Physiology (Prerequisites: BIOL 175, 176)	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 (Prerequisites: 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								

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UPPER DIVISION MAJOR ELECTIVE (3-4 UNITS):

MAJOR ELECTIVE COURSE (3-4 UNIT) COURSE COUNTED FOR UPPER DIVISION ELECTIVE.

CHOOSE ONE (1) OF 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)
- SOC 314- Health and Society (4)
- PSYC 356-Developmental Aging (3)
- PSYC 336-Abnormal Psychology (3)
- PSYC 330-Developmental Psych: Infancy/Childhood (3)

Course #	Course Title	Units	Grade	Sem	Equivalent	Institution	Need	IP	Met	petition

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

First Semester	Units	Second Semester	Units	Summer	Units
BIOL 104	4	BIOL 175 (GE-B2)	4		
GEW 101 (GE-A2)	3	GEO 102 (GE-A1)	3		
MATH 115 (GE-B4)	3	GE (A3 Critical thinking)	3		
Foreign lang I (if needed)	4	Foreign lang II (if needed)	4		
Comp test/ CS 100 (take 1 st yr)					
Total Units	14	Total Units	14		
First Semester	Units	Second Semester	Units	Summer	Units
BIOL 176	4	CHEM 100/100L (GE-B1, B3)	5		
PSCI 100, HIST 130 ,or 131 (GE-D)	3	GE (D7)	3		
GE (C1 Fine arts)	3	GE (C2 Humanities)	3		
KINE 202	3	PSYC 100 (GE-D)	3		
Foreign lang III or other (GE-C)	3	KINE 204	3		
Total Units	15	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		
Upper Division GE (BB,CC,DD)	3	Upper Division GE (BB,CC,DD)	3		
Upper Division GE (BB,CC,DD)	3	Free elective	3		
Total Units	15	Total Units	15		
First Semester	Units	Second Semester	Units	Summer	Units
KINE 200/201	2	KINE 403	3		
KINE 300	3	KINE 406	3		
Total Units	5	Total Units	6		
Upper Division major elective	3-4	KINE 495	3		
Free elective	3	Free elective	3		

Recommended Course Sequence: Kinesiology, Option in Applied Exercise Science

