

## ACADEMIC ROADMAP

**Degree:** Bachelor of Science (BS) [120 units]      **Major:** Kinesiology (KNES)      **Concentration/Emphasis:** Exercise Science

This information is provided as a guide; actual schedules/course offerings may vary. Students are highly encouraged to meet with department academic advisers in addition to utilizing the Titan Degree Audit (TDA) when developing a study plan.

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
1	GE A.1 (Oral Communications)	see approved GE list	3	GE B.4 (Mathematics/Quantitative Reasoning)	<b>MATH 110, 115, or 120</b>	3
	GE A.2 (Written Communication)	ENGL 100	3	GE A.3 (Critical Thinking)	see approved GE list	3
	GE C.1 (Introduction to the Arts)	see approved GE list	3	GE D.1 <sup>1</sup> (Introduction to the Social Sciences)	see approved GE list	3
	GE C.2 (Introduction to the Humanities)	see approved GE list	3	GE D.2 (American History, Institutions, and Values)	See approved GE list	3
	Major (Performance Course <sup>2</sup> )	KNES 100-167	1	Major (Foundation Course)	KNES 202	3
	Major (Performance Course <sup>2</sup> )	KNES 100-167	1	Major (Performance Course)	KNES 100-167	1
		Total	14		Total	16

<sup>1</sup>One course from GE C.3, D.1, D.4, or E must have an asterisk (\*) indicating Cultural Diversity (GE Z).  
<sup>2</sup>See KNES catalog for required Performance Course categories.

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
2	Major (Pre-requisite Course)	KNES 191A/210	3	GE C.3 <sup>1</sup> (Explorations in the Arts or Humanities)	see approved GE list	3
	GE D.3 (American Government)	see approved GE list	3	Additional GE C.1/C.2	See approved GE list	3
	GE B.5 (Implications & Explorations in Mathematics & Natural Sciences)	see approved GE list	3	GE B.2 & B.3 (Life Science; Laboratory Experience)	<b>BIOL 101 &amp; Lab or BIOL 172</b>	3,1
	GE B.1 (Physical Science)	<b>PHYS 211</b>	3	Major (Performance Course)	KNES 100-167	1
	Major (Performance Course <sup>2</sup> )	KNES 100-167	1	Major (Performance Course)	KNES 100-167	1
	Elective		3	Elective		3
		Total	16		Total	15

<sup>3</sup>KNES 210 may **not** be advisable for students pursuing career in allied health.

**Major Prerequisites:** 9 units    **Foundation:** 9 units    **Core:**18 units      **Concentration Required:** 12 units    **Electives:** 9 units

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
3	Major (Foundation)	KNES 349	3	Major (Core)	KNES 348, 361, 371, 380, or 383	3
	Major (Foundation)	KNES 360	3	Concentration (Elective <sup>4</sup> )	KNES 320, 351, 354, 364, 450, 451, 453, 454, 455, 456, 457, 458, 463, 470, 495, or 499	3
	Writing Intensive Upper Division	<b>ENGL 301</b>	3	Concentration (Elective <sup>4</sup> )	KNES 320, 351, 354, 364, 450, 451, 453, 454, 455, 456, 457, 458, 463, 470, 495, or 499	3
	Major (Core)	KNES 371, 380, or 383	3	GE D.4 <sup>1</sup> (Explorations in Social Sciences)	<b>KNES 381</b>	3
	Major (Core)	KNES 371, 380, or 383	3	Elective		3
			Total	15		Total

<sup>4</sup>Concentration (Elective): complete 9 units (three courses) from the list.

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
4	GE E <sup>1</sup> (Lifelong Learning & Self Development)	<b>KNES 342, 353, or 386</b>	3	Major (Core)	KNES 348, 361, 371, 380, or 383	3
	Major (Core)	KNES 348, 361, 371, 380, or 383	3	Concentration (Required)	KNES 453/456, 461, 471, or 495/499	3
	Concentration (Required)	KNES 453 or 456, 461, 471, or 495 or 499	3	Concentration (Required)	KNES 453/456, 461, 471, or 495/499	3
	Concentration (Required)	KNES 453/456, 461, 471, or 495/499	3	Concentration (Elective <sup>4</sup> )	KNES 320, 351, 354, 364, 450, 451, 453, 454, 455, 456, 457, 458, 463, 470, 495, or 499	3
	Elective		3	Elective		3
			Total	15		Total

<sup>4</sup>Concentration (Elective): complete 9 units (three courses) from the list.

#### Important Notes

- Prerequisites should be verified in the catalog prior to registration each term.
- Courses in **BOLD** are recommended for all kinesiology majors; courses in *ITALICS* are recommended/required for the concentration.
- Meet with GE Advisors to determine sequence for completion of GE requirements.
- Meet with KNES Advisor each semester.
- Students pursuing PT, OT, PA, DC, MD should meet with Health Professions Office to determine appropriate courses for some GE categories.
- Apply for graduation once you have earned 85 units.