

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)	MATH 110, 115, or 120	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 ¹ (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 ¹)	KNES 100-167	1	Major (Foundation Course)	KNES 202	3
	Major (Performance Course ¹)	KNES 100-167	1	Major (Performance Course ¹)	KNES 100-167	1
		Total	14		Total	16

¹See KNES catalog for required Performance Course categories.

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
2	Major (Pre-requisite Course)	KNES 191A/210 ²	3	GE C.3 and Z overlay (Explorations in the Arts or Humanities)	KNES 380	3
	Graduation Requirement (American Government)	POSC 100	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)	BIOL 101 & Lab or BIOL 172	3,1
	GE B.1 (Physical Science)	PHYS 211	3	Major (Performance Course ¹)	KNES 100-167	1
	Major (Performance Course ¹)	KNES 100-167	1	Major (Performance Course ¹)	KNES 100-167	1
	Elective		3	Elective		3
		Total	16		Total	14-15

²KNES 210 may **not** be advisable for students pursuing careers 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, or 383	3	
	Major (Foundation)	KNES 360	3	Concentration (Required ³)	KNES 453 or 456, 461, 471, 495 or 499	3	
	Writing Intensive Upper Division	ENGL 301	3	Concentration (Elective ³)	KNES 320, 351, 354, 364, 450, 451, 453, 454, 455, 456, 457, 458, 463, 470, 495, 499	3	
	Major (Core)	KNES 371 or 383	3	GE D.3 (Explorations in Social Sciences)	KNES 381	3	
	Major (Core)	KNES 371 or 383	3	GE F (Ethnic Studies)	See approved GE list	3	
			Total	15		Total	15

³Concentration (Elective): complete 9 units (three courses) from the list.

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

³Concentration (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.