

Major/Degree: Kinesiology BS: Exercise Science/Health Promotion Concentration

Units for the major: 68-69 Total: 120 units are required for a BS degree

Major Academic Plans (MAP) show a general recommended pathway to graduation. Meet with your major advisor each semester to discuss your progress and degree plan for future semesters. Consult the HSU catalog for complete list of major program courses. See the current schedule of classes for courses offered in General Education, American Institutions, and Diversity & Common Ground requirements. This MAP is based on the **2020-21** catalog.

Freshman Year

Fall (semester 1)			Spring (semester 2)		
Description	Course	Units	Description	Course	Units
LD GE A1 [1]	ENGL 102 (+optional ENGL 110)	3-4	LD GE A1 [1]	ENGL 103 (+optional ENGL 110)	3
LD GE B: Life; Major [3]	BIOL 104 General Biology	3	LD GE B: Math [1, 5]	STAT 108 or (STAT 108i+STAT 8)	3-4
Major [Core]	KINS 165 Foundations of Kinesiology	3	LD GE C1 or C2		3
LD GE E	HED 100	3	American Institutions [2]		3
LD GE A2 [1]	COMM 100	3	LD GE D		3
Semester Total: 15-16			Semester Total: 15-16		

Sophomore Year

Fall (semester 3)			Spring (semester 4)		
Description	Course	Units	Description	Course	Units
LD GE B: Physical U		3	American Institutions		3
LD GE C1 or C2 [4]		3	LD GE A3 [1]		3
LD GE C1 or C2 [4]		3	Major [Concentration]	HED 231 Basic Nutrition	3
LD GE D [4]		3	Major [Core]	ZOOL 270 Human Anatomy	4
Major [Core]	ZOOL 113 Human Physiology	4			
Semester Total: 16			Semester Total: 13		

Junior Year

Fall (semester 5)			Spring (semester 6)		
To Do: Apply to graduate.			To Do: Take the GWPE.		
Description	Course	Units	Description	Course	Units
Major [Core]	KINS 379 Exercise Physiology	4	UD GE C or D [4]		3
Major [Core]	KINS 474 Psychology of Sport & Exercise	3	Major [Core]	KINS 386 Structural Kinesiology	4
Major [Concentration]	Elective [6]	3	Major [Concentration]	KINS 456A Fitness Assessment	4
Major [Concentration]	HED 120 Responding to Emergencies	1	Major [Core]	KINS 484 Motor Development,/Motor Learning	4
Major [Concentration]	KINS 325 Health Related Exercise OR KINS 339 Group Exercise Instruction	2			
Semester Total: 13			Semester Total: 14		

Senior Year

Fall (semester 7)			Spring (semester 8)		
			To Do: Register for commencement.		
Description	Course	Units	Description	Course	Units
UD GE C or D [4]		3	Major [Concentration]	KINS 460 Human Performance Lab	1
Major [Concentration]	KINS 456B Fitness Assessment	4	Major [Core]	KINS 483 Evaluation Techniques in Kinesiology	3
Major [Concentration]	HED 390 Design & Implementation	3	Major [Core]	KINS 492 Senior Seminar in Kinesiology	3
Major [Concentration]	HED 392 Community & Population Health	3	Major [Concentration]	HED 345 Health Messaging & Mass Comm	3
			Major [Concentration]	HED 388 Community Based Health Promotion	3
Semester Total: 13			Semester Total: 13		

Summer or Fall [semester 9]

Description	Course	Units
Major [Concentration]	KINS 482 Internship in Kinesiology	7
Semester Total:		7

A1=Written Communication; A2 = Oral Communication; A3 = Critical Thinking; C1 = Arts; C2 = Humanities;

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Notes

- [1] Requirement: Complete LD GE A1, A2, A3 & B: Math with C- or higher in each course; Complete by 60 units earned.
- [2] One American Institution course will also count for LD GE D.
- [3] Science Lab Requirement: Take one science course with a lab.
- [4] Complete 2 DCG courses, (one must be domestic) with courses that also meet GE.
- [5] Credit earned for math support course (STAT 8) does not count toward unit requirements for graduation, GE or major.
- [6] In consultation with and approval of your major advisor, select 12 units from electives list. See university catalog.
- [7] Internship (KINS 482) may be taken in Summer or Fall depending on placement.

Compiled and published cooperatively by Humboldt State University Office of the Registrar and
the Department of Kinesiology & Recreation Administration

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