

Major Academic Plan

Catalog Year: 2021-22

Degree **B.A.**

Major: **Kinesiology (Exercise Science)**

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.

The online registration tutorial (a part of orientation) will help you:

- determine your CSU designated math "[placement category](#)" (1, 2, 3 or 4)
- choose your English class(es) through a similar self-directed process
- choose your Math class(es) based on your major and category information as described in the online registration tutorial

Total units required		120
First Year Fall (Semester 1)		
Requirements Met:	Course	Units
GE Area A: Written Communication	ENGL 102* or ENGL 104 (+ optional ENGL 110)	3-4
Major & GE Area B: Life Science	BIOL 104 General Biology	3
GE Area E: Lifelong Learning	HED 100	3
GE Area A: Oral Communication	COMM 100	3
GE Area F: Ethnic Studies		3
Semester Total:		15-16
<i>*If ENGL 102 is selected, students must complete ENGL 103 in semester 2. Adjust spring courses in consultation with an advisor.</i>		
First Year Spring (Semester 2)		
Requirements Met:	Course	Units
GE Area A: Critical Thinking	ENGL 107 Critical Writing	3
GE Area B: Mathematics	STAT 108 or (STAT 108i & STAT 8*)	3-4
GE Area C: Arts	ART 108 or TA 105	3
American Institutions/GE Area D: Social Science/DCG Domestic	NAS 200	3
Major (Core)	KINS 165 Foundations of Kinesiology	3
Semester Total:		15-16
<i>*Credit earned for math support course does not count toward unit requirements for graduation, GE or major.</i>		
Second Year Fall (Semester 3)		
Requirements Met:	Course	Units
GE Area C: Humanities	ENGL 105 or JMC 105	3
Major (Core)	KINS 288 Foundations of Science in Kinesiology	3
GE Area C: Arts or Humanities		3
Major (Core)	ZOOL 113 Human Physiology	4
Major (Core)	HED 231 Basic Nutrition	3
Semester Total:		16
Sophomore Year Spring (Semester 4)		
Requirements Met:	Course	Units
American Institutions		3
GE Area B: Physical Science		4
Major (Core)	KINS 379 Exercise Physiology	4
GE Area D: Social Science	PSYC 104	3
Semester Total:		14
To Do: Register for the GWPE		
Third Year Fall (Semester 5)		
Requirements Met:	Course	Units
Major (Core)	ZOOL 270 Human Anatomy	4
Major (Concentration)	HED 342 Nutrition for Athletic Performance	3
Major (Core)	HED 120 Responding to Emergencies - CPR/FPR	1
Major (Concentration)	KINS 325 Health-Related Exercise*	2

Major (Core)	KINS 385 Adapted Physical Activity	3
UD GE Area C	PHIL 303, PHIL 306 or PHIL 309B	3
	Semester Total:	16
<i>*or KINS 339 Group Exercise Nutrition (2 units) or PE 158 Strength Fitness (2 units)</i>		
Third Year Spring (Semester 6)		
Requirements Met:	Course	Units
DCG Domestic	KINS 474 Psychology of Sport & Exercise	3
Major (Core)	KINS 386 Structural Kinesiology	4
Major (Concentration)	KINS 456A Fitness Assessment & Exercise Programming	4
Major (Core)	KINS 484 Motor Development/Motor Learning	3
	Semester Total:	14
<i>To Do: If receiving financial aid, consult with financial aid regarding options for summer (semester 9)</i>		
Fourth Year Fall (Semester 7)		
Requirements Met:	Course	Units
Major (Core)	KINS 483 Evaluation Techniques in Kinesiology	3
Major (Core)	KINS 492 Senior Seminar in Kinesiology	3
Major (Concentration)	KINS 456B Fitness Assessment & Exercise Programming	4
Major (Concentration)	KINS 425 Strength & Conditioning	3
	Semester Total:	13
Fourth Year Spring (Semester 8)		
Requirements Met:	Course	Units
Major (Core)	HED 392 Community & Population Health	3
UD GE Area D	REC 302 Inclusive Recreation	3
Major (Concentration)	KINS 460 Human Performance Lab Techniques	1
Major (Concentration)	Choose in consultation with advisor [2]	3
Major (Concentration)	Choose in consultation with advisor [2]	3
	Semester Total:	13
Fourth Year Summer (Semester 9)		
Requirements Met:	Course	Units
Major (Concentration)	KIN 482 Internship in Kinesiology	7
	Semester Total:	7
Abbreviations: DCG = Diversity & Common Ground; GE = General Education; LD = Lower Division; UD = Upper Division		
Notes:		
[1] GE modifications in this major - the Upper Division Area B General Education requirement is met by the coursework within the Bachelor of Science degree in Kinesiology.		
[2] Complete 6 units of approved electives in consultation with an advisor.		