

# EXERCISE SCIENCE, BACHELOR SCIENCE

## Total Course Requirements for the Bachelor's Degree

See the "Requirements for the Bachelor's Degree (<https://catalog.csudh.edu/general-information/baccalaureate-degrees-undergraduate-studies/>)" in the University Catalog for complete details on general degree requirements. A minimum of 40 units, including those required for the major, must be upper division.

### Elective Requirements

Completion of elective courses (beyond the requirements listed below) to reach a total of a minimum of 120 units.

### General Education Requirements (43 units)

See the "General Education (<https://catalog.csudh.edu/general-education/>)" requirements in the University Catalog or the Class Schedule for the most current information on General Education requirements and course offerings.

### Graduation Writing Assessment Requirement (3 Units)

See the "Graduation Writing Assessment Requirement (<https://catalog.csudh.edu/general-information/baccalaureate-degrees-undergraduate-studies/gwar-certifying-courses/>)" section in the University Catalog.

### Statutory Requirements: United States History, Constitution and American Ideals (6 Units)

See the "University Graduation Requirements (<https://catalog.csudh.edu/general-information/baccalaureate-degrees-undergraduate-studies/university-graduation-requirements/>)" section in the University Catalog.

## Requirements (71 units)

Students must select one of the options listed. The following courses, or their approved transfer equivalents, are required for all candidates of this degree.

Code	Title	Hours
<b>1. Major Requirements: Lower Division Courses</b>		
BIO 102	General Biology <sup>^</sup>	3
BIO 103	General Biology Laboratory <sup>^</sup>	1
KIN 290	Human Anatomy & Physiology I	4
KIN 291	Human Anatomy & Physiology II	4
CHE 110	General Chemistry I <sup>^</sup>	5
PHY 120	Elements Of Physics I	4
KIN 223	Intro To Pe	3
KIN 235	Lifetime Fitness	3
<b>2. Major Requirements: Upper Division Courses</b>		
KIN 300	Tests and Measurements in Physical Education	3
KIN 301	Principles of Human Movement	3
KIN 303	Exercise Physiology	4
KIN 305	Motor Learning	3
KIN 306	Biomechanics of Human Movement	3
KIN 310	Nutrition for Peak Performance	3
KIN 330	Sport and Exercise Psychology <sup>**</sup>	3
KIN 360	Prev & Treat Ath Injuries	3
KIN 462	Therapeutic Exercise	3

KIN 471	Fitness Assessment and Exercise Prescription	3
KIN 472	Exercise for Healthy and Special Populations	3
KIN 473	Principles of Sport Performance Training	3
KIN 475	Complementary and Integrated Healthcare	3
KIN 493	Clinical Experiences in PT/AT	3
<b>Total Hours</b>		<b>70</b>

<sup>^</sup> BIO 102 meets GE Area 5B. BIO 103 meets GE Area 5C. CHE 110 fulfill GE Area 5A.

<sup>\*\*</sup> KIN 330 meets the GVAR requirement.

## 4-Year Roadmap

First Year		Hours
<b>Fall</b>		
GE Area 1A English Composition		3
GE Area 3A Arts or 3B Humanities		3
GE Area 4A or 4B		3
GE area 1C Oral Communications		3
KIN 235	Lifetime Fitness	3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
BIO 102	General Biology (meets GE Area 5B Biological Sciences)	3
BIO 103	General Biology Laboratory (meets GE Area 5C Laboratory)	1
GE Area 2 Mathematical Concepts and Quantitative Reasoning		3
POL 101	American Institutions	3
HIS 101	History Of United States	3
GE Area 3A Arts or 3B Humanities		3
<b>Hours</b>		<b>16</b>
<b>Second Year</b>		
<b>Fall</b>		
GE Area 5A Physical Sciences		3
GE Area 4A or 4B		3
CHE 110	General Chemistry I	5
KIN 290	Human Anatomy & Physiology I	4
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
GE Area 1B Critical Thinking		3
KIN 291	Human Anatomy & Physiology II	4
PHY 120	Elements Of Physics I	4
GE Area 6		3
<b>Hours</b>		<b>14</b>
<b>Third Year</b>		
<b>Fall</b>		
KIN 223	Intro To Pe	3
KIN 300	Tests and Measurements in Physical Education	3
KIN 301	Principles of Human Movement	3
KIN 305	Motor Learning	3
KIN 330	Sport and Exercise Psychology (meets GVAR requirement)	3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
KIN 303	Exercise Physiology	4
KIN 306	Biomechanics of Human Movement	3
KIN 310	Nutrition for Peak Performance	3
GE Area 4UD		3
Elective to meet 120		3
<b>Hours</b>		<b>16</b>

**Fourth Year**

<b>Fall</b>		
GE Area 5UD		3
KIN 360	Prev & Treat Ath Injuries	3
KIN 471	Fitness Assessment and Exercise Prescription	3
KIN 472	Exercise for Healthy and Special Populations	3
GE Area 3UD		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
KIN 462	Therapeutic Exercise	3
KIN 473	Principles of Sport Performance Training	3
KIN 475	Complementary and Integrated Healthcare	3
KIN 493	Clinical Experiences in PT/AT	3
Elective to meet 120		2
<b>Hours</b>		<b>14</b>
<b>Total Hours</b>		<b>120</b>

**2-Year Roadmap****First Year**

<b>Fall</b>		<b>Hours</b>
KIN 300	Tests and Measurements in Physical Education	3
KIN 301	Principles of Human Movement	3
KIN 305	Motor Learning	3
KIN 330	Sport and Exercise Psychology (meets GVAR requirement)	3
GE Area 3UD		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
KIN 303	Exercise Physiology	4
KIN 306	Biomechanics of Human Movement	3
KIN 310	Nutrition for Peak Performance	3
GE Area 4UD		3
<b>Hours</b>		<b>13</b>

**Second Year**

<b>Fall</b>		
GE Area 5UD		3
KIN 360	Prev & Treat Ath Injuries	3
KIN 471	Fitness Assessment and Exercise Prescription	3
KIN 472	Exercise for Healthy and Special Populations	3
Elective to meet 120		4
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
KIN 462	Therapeutic Exercise	3
KIN 473	Principles of Sport Performance Training	3
KIN 475	Complementary and Integrated Healthcare	3
KIN 493	Clinical Experiences in PT/AT	3
Elective to meet 120		4
<b>Hours</b>		<b>16</b>
<b>Total Hours</b>		<b>60</b>