

B.S. in Kinesiology - Exercise Science (ES)

Last updated: March 10, 2025

GE units required: 49

Major units required: 71 (this page)

Total units required for graduation: 120

[See website to determine whether course is offered in the Fall or Spring semester.](#)



KINESIOLOGY CORE REQUIREMENTS: 35 UNITS - does not include BIOL 2240 (4 units) or GE B4 (3 units) because they're already counted as GEs

	Course Number	Course Name	Units	Prerequisites	Notes
Lower-division (LD) (12 units)	BIOL 2230	Human Anatomy & Physiology I	4		
	BIOL 2240	Human Anatomy & Physiology II	4	BIOL 2230	Counts toward GE B2
	MATH	GE Category B4	3		Counts toward GE B4; Suggest: ES/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210)
	KINE Activity	2 units of LD activity (1-unit per course x 2)	2		PEAPE: Take KINE 2610 (Teaching/Coaching for Dance) instead (counts as 2 units)
	KINE 2100	Orientation to Kinesiology	3		
Upper-division (UD) (23 units)	KINE 2700	Introduction to Fitness and Programming	3		Prep course for ACSM/NSCA Certified Personal Trainer (CPT) Exam; CPR cert. required by completion
	KINE 3100	Introduction to Adapted Physical Activity	3		
	KINE 3200	Principles of Human Movement	3	BIOL 2240	All students need this
	KINE 3400	Psychology & Sociology of Human Movement	3		
	KINE 3500	Motor Development Across the Lifespan	3		
	KINE 3700	Statistics in Kinesiology (WI)	3	GE B4	WI: Counts as GE Writing-Intensive designation
	KINE 3800	Exercise Physiology w/Lab	4	BIOL 2240	
	KINE 4100	Motor Learning & Control	3		
	KINE 4200	Seminar in Kinesiology	1	Senior Standing	

CONCENTRATION REQUIREMENTS - EXERCISE SCIENCE: 27 UNITS

ES Core (17 units)	KINE 2300	Prevention & Care of Athletic Injuries	3	BIOL 2240	
	KINE 3600	Physical Activity & Aging	3		
	KINE 3810	Sports & Exercise Nutrition	3		
	KINE 4400	Exercise Testing & Prescription w/Lab	4	KINE 3800	Prep course for ACSM Certified Exercise Physiologist (EP) Exam
	KINE 4800	Biomechanics w/Lab	4	GE B4, KINE 3200	
ES Electives (choose 10 units)	KINE 2200	Medical Terminology	3		
	KINE 2400	Applications of Technology in Kinesiology	1		
	KINE 2500	Observational Field Experience in ES/AHP	2		Must have site agreement prepared within 2 weeks of semester
	KINE 3250	Exercise Techniques for Resistance Training w/Lab	3	BIOL 2240	
	KINE 3510	Research Seminar in Kinesiology	1		
	KINE 3900	Health & Fitness Business Management	3		
	KINE 4300	Environmental Exercise Physiology	3	KINE 3800	
	KINE 4500	Principles of Strength & Conditioning	3	KINE 3200 & 3800	Prep course for NSCA Certified Strength & Conditioning Specialist (CSCS) Exam
KINE 4600	EKG Interpretation & Stress Testing w/Lab	4	KINE 3800		
KINE 4700	Clinical Exercise Physiology w/Lab	4	KINE 3800		

Free Electives 9 UNITS

Other Electives (9 units)	Free electives= 6 units and History, Constitution, Government= 3 units	Choose courses that might benefit future career path, such as other kinesiology courses to prepare for ACSM EP or NSCA CSCS exam
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[Who is My Advisor?](#)