## KINESIOLOGY

**Physical Education Option, B.S. (120 Units)**

Valid for Catalog Years: 2018/2019 to 2019/2020

*Official planning guide approved by the College of Health & Human Services*

<table>
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<tr>
<th>Freshman</th>
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<td>Fall: 14-17</td>
<td>Spring: 15-18</td>
<td>Fall: 15-17</td>
<td>Spring: 15-19</td>
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<tr>
<td><strong>Milestones</strong></td>
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<td><strong>Milestones</strong></td>
</tr>
<tr>
<td>KINES 1, 31, 32 (with KAC 4, 6 or 103), 35</td>
<td>KINES 110, KAC Areas A, B, &amp; C</td>
<td>KINES 33, 35 (or BIOL 33 or BIOL 67A &amp; 67B)</td>
<td>KINES 116, 118, 122, 123, 131</td>
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**General Education**

<table>
<thead>
<tr>
<th>A1 (3 Units)</th>
<th>A3 (3 Units)</th>
<th>C1 (3-4 Units)</th>
<th>B1 (3-4 Units)</th>
<th>IB (3 Units)</th>
<th>IC (3-4 Units)</th>
<th>ID (3-4 Units)</th>
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<tbody>
<tr>
<td>Oral Communication</td>
<td>Critical Thinking</td>
<td>Arts</td>
<td>Physical Sciences</td>
<td>Physical Universe &amp; Its Life Forms</td>
<td>Arts &amp; Humanities</td>
<td>Social, Political, &amp; Economic Institutions</td>
</tr>
<tr>
<td><em>Must pass with a C or better</em></td>
<td><em>Must pass with a C or better</em></td>
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<table>
<thead>
<tr>
<th>A2 (3 Units)</th>
<th>C2 (3-4 Units)</th>
<th>C1/C2 (3-4 Units)</th>
<th>B3 (0-3 Units)</th>
<th></th>
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<tbody>
<tr>
<td>Written Communication</td>
<td>Humanities</td>
<td>Arts or Humanities</td>
<td>Lab</td>
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<thead>
<tr>
<th>B2 (3-4 Units)</th>
<th>D3 (3 Units)</th>
<th>D1 (3 Units)</th>
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</thead>
<tbody>
<tr>
<td>Life Sciences</td>
<td>Social Science</td>
<td>American History</td>
<td></td>
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<table>
<thead>
<tr>
<th>B4 (3-4 Units)</th>
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</thead>
<tbody>
<tr>
<td>Quantitative Reasoning</td>
<td>American Government</td>
</tr>
<tr>
<td><em>Must pass with a C or better</em></td>
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**Major**

<table>
<thead>
<tr>
<th>KAC Area A (1 Unit)</th>
<th>KINES 1 (3 Units)</th>
<th>KINES 31 (3 Units)</th>
<th>KINES 110 (3 Units)</th>
<th>KINES 33 (3 Units)</th>
<th>KINES 122 (3 Units)</th>
<th>KINES 123 (3 Units)</th>
<th>KINES 144 (3 Units)</th>
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<tbody>
<tr>
<td>KAC 40, 41, 43, 44, 47, 49, or 50</td>
<td></td>
<td></td>
<td>[Pre-Req: KINES 1 (or 20 &amp; 25), 31, 32, 35]</td>
<td></td>
<td></td>
<td>[Pre-Req: KINES 1, 31, 32, 33, 35, 110, 116, 118, 120; KAC Area A, B, C]</td>
<td>[Pre-Req: KINES 1, 31, 32, 33, 35, 110, 116, 118, 120; KAC Area A, B, C]</td>
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**For assistance or to schedule an advising appointment, please contact the Department of Kinesiology at 559-278-2016, South Gym 112.**

**HHS Advising and Career Development Center: 559-278-5027, McLane Hall 194.**
## KINESIOLOGY

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### Major

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<tr>
<th>Units</th>
<th>Freshman</th>
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<tr>
<td>Fall</td>
<td>14-17</td>
<td>15-18</td>
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<tr>
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<td>15-18</td>
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<td>15-19</td>
<td>15-18</td>
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**Freshman**

<table>
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<tr>
<th>Fall</th>
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<td>14-17</td>
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</table>

- **KAC Area B** (1-2 Units)
  - KAC 10, 12, 13; DANCE 115, 117A, 155A, 158A; or CLAS 107

- **KINES 35** (3 Units)
  - KINES 32 & KAC 4, 6, or 103 (3 Units)
  - Lifelong Understanding & Self Development

- **GE Area E**
  - KINES 118 (3 Units)
    - [Pre-Req: KINES 35, BIOL 33, (BIOL 64 & 65), or (PHTH 119 & BIOL 65)]

- **KINES 120** (3 Units)
  - [Pre-Req: KINES 31, 32, 35, 110; KAC Area A, B, C]

- **KINES 116** (3 Units)
  - [Pre-Req: KINES 35, BIOL 33, BIOL 64, PHTH 119, or PHTH 125]

**Sophomore**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>15-17</td>
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</tbody>
</table>

- **KINES 118** (3 Units)
  - [Pre-Req: KINES 35, BIOL 33, (BIOL 64 & 65), or (PHTH 119 & BIOL 65)]

- **KINES 120** (3 Units)
  - [Pre-Req: KINES 31, 32, 35, 110; KAC Area A, B, C]

- **KINES 131** (3 Units)
  - [Pre-Req: KINES 1, 31, 32, 33, 35, 110, 116, 118, 120, KAC Area A, B, C]

- **KINES 159** (3 Units)
  - [Pre-Req: KINES 1, 31, 32, 33, 35, 110, 116, 118, 120, 122, 123, 131; KAC Area A, B, C]

**Junior**

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<tr>
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<td>12-17</td>
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- **KINES 116** (3 Units)
  - [Pre-Req: KINES 35, BIOL 33, BIOL 64, PHTH 119, or PHTH 125]

- **KINES 126** (3 Units)
  - [Pre-Req: KINES 1, 31, 32 & KAC 103, 33, 35, 110, 116, 118, 120, 122, 123, 131; KAC Area A, B; KAC 4 or swim competence]

**Senior**

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<th>Fall</th>
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<tr>
<td>15-18</td>
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</table>

- **UDWS** (0-4 Units)
  - *Upper Division Writing Exam OR "W" Course (must pass with a C or better)

- **Elective**

- **Elective**

- **Elective**

- **Elective**

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### Additional Graduation Requirements

- **Elective**

- **Elective**

- **Elective**

- **Elective**

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*Revised 3/2022*
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FOOTNOTES:
Prerequisites/Corequisites: Other restrictions may apply. Please see your course catalog for detailed prerequisite/corequisite requirements.
Grade Requirements: CR/NC grading is not permitted in courses for the Kinesiology major, except in those courses which are designated CR/NC grading only. A grade of C or higher in all required coursework is necessary for successful completion of the major. Any course required as a prerequisite must be completed with a grade of C or better before registration in the subsequent course.
General Education: Units in this area may be used toward a minor (see departmental minors) or supplemental credential. Consult the appropriate department chair, program coordinator, or faculty adviser for further information.
Electives (19-24 units): Units in this area may be used toward a double major or minor. Students must earn a minimum of 120 units total to graduate. The number of required elective units may vary, depending on the amount of units earned from major and GE courses.
Upper Division Writing Skills requirement (UDWS): All undergraduate students must demonstrate competency in writing skills by passing the Upper Division Writing Exam (UDWE) or by obtaining a C or better in an approved upper division writing course, identified by the letter "W."
Substitutions: If substitutions/exceptions/waivers are made for any major courses that also meet GE and/or the Multicultural/International graduation requirement, the student is responsible for completing additional courses to satisfy the respective areas (GE and/or MI). This also includes the upperdivision writing requirement.

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Revised 3/2022
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### Milestones

- **A1 (3 Units)**
  - Oral Communication
  - *Must pass with a C or better*

- **A2 (3 Units)**
  - Written Communication
  - *Must pass with a C or better*

- **A3 (3 Units)**
  - Critical Thinking
  - *Must pass with a C or better*

- **B1 (3-4 Units)**
  - Physical Sciences

- **C1 (3-4 Units)**
  - Arts

- **C1/C2 (3-4 Units)**
  - Arts or Humanities

- **B2 (3-4 Units)**
  - Life Sciences

- **B3 (0-3 Units)**
  - Lab

- **B4 (3-4 Units)**
  - Quantitative Reasoning
  - *Must pass with a C or better*

- **C2 (3-4 Units)**
  - Humanities

- **D1 (3 Units)**
  - American History

- **D2 (3 Units)**
  - American Government

### General Education

- **KAC Area A (1 Unit)**
  - KAC 40, 41, 43, 44, 47, 49, or 50

- **KINES 1 (3 Units)**

- **KINES 31 (3 Units)**
  - [Pre-Req: KINES 1 or 20 & 25], 31, 32, 35

- **KINES 110 (3 Units)**
  - [Pre-Req: KINES 1, 31, 32, 33, 35, 110, 116, 118, 120; KAC Area A, B, C]

- **KINES 33 (3 Units)**
  - [Pre-Req: KINES 1, 31, 32, 33, 35, 110, 116, 118, 120; KAC Area A, B, C]

- **KINES 102 (3 Units)**
  - [Pre-Req: KINES 1, 31, 32, 33, 35, 110, 116, 118, 120, 122, 123, 131; KAC Area A, B, C]

### Major

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Revised 8/2018
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