

Department of Kinesiology		Degree Mapping - 4 Year program	
B.S in Kinesiology; Exercise and Fitness Specialist Emphasis (EFS)			
Freshman Status			
Fall - 13 units		Spring - 16 units	
GE (e.g., Area A1) - 3 units GE (e.g., Area D2/D3 sequence)* - 3 units CHEM 30A (GE Area B1)** - 3 units GE (e.g., Area E) - 3 units Activity Class - 1 unit***		GE (e.g., Area A2, ENGL 1A) - 3 units GE (e.g., Area D2/D3 sequence)* - 3 units GE (e.g., Stat 95 or other Area B4 class)** - 3 units GE (e.g., Area C1) - 3 units Activity Class - 1 unit*** KIN 70 - Introduction to Kinesiology - 3 units	
Sophomore Status			
Fall - 16 units		Spring - 15 units	
BIOL 65 - Human Anatomy - 4 units** GE (e.g., Area A3) - 3 units GE (e.g., Area D1) - 3 units GE (e.g., Area C3, ENGL 1B) - 3 units Addtl coursework for EFS- 3 units		BIOL 66 - Human Physiology - 5 units** GE (e.g., Area C2) - 3 units Addtl coursework for EFS - 3 units KIN 160 or 161 or 164 - 3 units Activity Class - 1 unit*** NOTE: TAKE WST EXAM	
Junior Status			
Fall - 16 units		Spring - 13 units	
Kin 100W - Writing Workshop - 3 units KIN 152 - Theory of Sport & Fitness Management - 3 units Kin 155 - Exercise Physiology - 3 units EFS Required Course**** - 3 units Addtl coursework for EFS - 3 units Activity Class - 1 unit***		SJSU Studies Area V - 3 units EFS Required Course**** - 3 units Kin 158 - Biomechanics - 3 units Kin 165 or 166 for KIN Core - 3 units Activity Class - 1 unit***	
Senior Status			
Fall - 16 units		Spring - 15 units	
Kin 175 - Measurement & Evaluation - 3 units Kin 154A - Instrumentation - 3 units Kin 162 - Adv Fit Assmt & Exer Prescription - 3 units SJSU Studies Area R - 3 units Addtl coursework for EFS - 3 units Activity Class - 1 unit***		Kin 154B - ECG Interp & GXT - 3 units KIN 187 - Clinical Exercise Physiology - 3 units KIN 198 - Internship - 3 units KIN 185 - Senior Seminar - 3 units SJSU Studies Area S - 3 units	

*2-semester course sequence which may also fulfill the American Institutions graduation requirement.

Refer to the General Education information in the Schedule of Classes.

**Completing CHEM 30A, GE Math, BIOL 65 & BIOL 66 fulfills GE Area B and prereqs for KIN major.

***6 activity courses required; 4 for the KIN major & 2 for the univ grad requirement.

Must be selected from 4 of 6 movement areas.

****EFS emphasis requires completion of 2 of the following courses:

KIN 156, KIN 165 or 166 (whichever not taken for the core requirement), KIN 188 & 189.