Advising Road Map

Major: BS Kinesiology

Concentration in: Exercise and Reahabilitation Sciences

Total Units to Degree: 120

Academic Year:

The following road map is an advising tool that outlines a path of courses a student can take to complete requirements for graduation. This roadmap should be used in consultation with the catalog and your department to identify additional requirements for completing the major (for example course grade minimums). Students must have 60+ units in order to take SJSU Studies courses.

Fall Semester- Year 1

Course or Requirement	Units
GE (e.g., Area A1)	3
GE (e.g., Area D2/D3 sequence)*	3
CHEM 30A (GE Area B1)**	3
GE (e.g., Area E)	3
Activity Class***	1
Total Semester Units:	13

Spring Semester- Year 1

Course or Requirement	Units
GE (e.g, Area A2, ENGL 1A)	3
GE (e.g, Area D2/D3 sequence)*	3
GE (e.g., Stat 95 or other Area B4 class)*	3
GE (e.g., Area C1)	3
Activity Class***	1
KIN 70 - Introduction to Kinesiology	3
Total Semester Units:	16

Fall Semester- Year 2

Course or Requirement	Units
BIOL 65 - Human Anatomy	4
GE (e.g., Area A3, ENGL 2)	3
GE (e.g., Area D1)	3
GE (e.g., Area C1 or C2)	3
Addtl coursework for ERS	3
Total Semester Units:	16

Spring Semester- Year 2

Course or Requirement	Units
BIOL - 66 - Human Physiology	5
GE (e.g., Area C2)	3
Addtl coursework for ERS	3
KIN 160 or 161 or 164	3
Activity Class***	1
NOTE: TAKE WST EXAM	
Total Semester Units:	15

Fall Semester- Year 3

Course or Requirement	Units
KIN 100W - Writing Workshop	3
ERS Required Course****	3
KIN 155 - Exercise Physiology	3
KIN 165 - Motor Development	3
ERS Required Course****	3
Activity Class***	1
Total Semester Units:	16

Spring Semester- Year 3

Course or Requirement	Units
SJSU Studies Area V	3
ERS Required Course****	3
Kin 158 - Biomechanics	3
KIN 166 - Motor Learning	3
Activity Class	1
Total Semester Units:	13

Fall Semester- Year 4

Course or Requirement	Units
KIN 175 - Measurement & Evaluation	3
KIN 157 - Physiological Assessment	3
ERS Required Course****	3
SJSU Studies Area R	3
Addtl Coursework for ERS	3
Activity Class	1
Total Semester Units:	16

Spring Semester- Year 4

Course or Requirement	Units
ERS Required Course****	3
Kin 147 - Instrumentation in Biomechan	3
KIN 167 or 187	3
KIN 185 - Senior Seminar	1
KIN 198 - Internship	2
SJSU Studies Area S	3
Total Semester Units:	15

NOTES:

* 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 equired; 4 for the KIN major & 2 for the university graduation requirement.
Must be Selected from 4 of 6 movement areas.

**** ERS emphasis requires Completion of 24 additional units of coursework.
Students in the Exercise and Fitness Specialist Track must take: KIN 154, KIN 162, KIN 167 or KIN 187 (whichever was not taken in the core), KIN 151, 152, or 153 and 12 units of guided electives.
Students in the Rehabilitation Sciences Track must take: CHEM 1A & 1B, PHYS 2A & 2B, and 6 units of guided electives.