

## ACADEMIC ROADMAP

**Degree:** Bachelor of Science (BS) [120 units]    **Major:** Kinesiology (KNES)    **Concentration/Emphasis:** Strength & Conditioning

This information is provided as a guide; actual schedules/course offerings may vary. Students are highly encouraged to meet with department academic advisers in addition to utilizing the Titan Degree Audit (TDA) when developing a study plan.

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
1	GE A.1 (Oral Communications)	see approved GE list	3	GE A.2 (Written Communication)	ENGL 100	3
	GE B.1 (Physical Science)	see approved GE list	3	Additional GE C.1/C.2	see approved GE list	3
	GE C.2 (Introduction to the Humanities)	see approved GE list	3	GE B.4 (Mathematics/Quantitative Reasoning)	MATH 110, 115, or 120	3-4
	GE C.1 (Introduction to the Arts)	see approved GE list	3	Major (Performance Course <sup>1</sup> )	KNES 100-167	1
	Major (Performance Course <sup>1</sup> )	KNES 100-167	1	Major (Performance Course <sup>1</sup> )	KNES 100-167	1
	Major (Performance Course <sup>1</sup> )	KNES 100-167	1	Major (Foundation Course)	<b>KNES 202</b>	3
		Total	14		Total	14-15

<sup>1</sup> See KNES catalog for required Performance Course categories.

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
2	GE D.2 (American History, Institutions, and Values)	see approved GE list	3	Major (pre-requisite)	KNES 191A/BIO 210 <sup>2</sup>	3
	GE A.3 (Critical Thinking)	see approved GE list	3	Graduation Requirement (American Government)	<b>POSC 100</b>	3
	GE D.1 (Introduction to the Social Sciences)	See approved GE list	3	GE C.3/Z (Explorations in Arts and Humanities)	<b>KNES 380</b>	3
	Major (Performance Course <sup>1</sup> )	KNES 100-167	1	GE B.2 & B.3 (Life Science; Laboratory Experience)	<b>BIOL 101 &amp; Lab or BIOL 172</b>	3,1
	GE F (Ethnic Studies)	See approved GE list	3	Major (Performance Course <sup>1</sup> )	KNES 100-167	1
	Elective		3	Elective		3
		Total	16		Total	17

<sup>2</sup> KNES 210 may **not** be advisable for students pursuing allied health.

**Major Prerequisites:** 9 units    **Foundation:** 9 units    **Core:** 18 units

**Concentration Required:** 15 units    **Electives:** 6 units

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
3	GE B.5 (Implications & Explorations in the Natural Sciences and Mathematics/Quantitative Reasoning)	see approved GE list	3	Major (Core)	KNES 348, 361, 371, or 383	3
	Major (Foundation)	KNES 360	3	Elective		3
	Writing Intensive Upper Division	<b>ENGL 301</b>	3	Concentration (Required)	KNES 320	3
	Major (Core)	KNES 371 or 383	3	Concentration (Required)	KNES 351	3
	Major (Foundation)	KNES 349	3	GE D.3/Major (Explorations in Social Sciences/Core)	<b>KNES 381</b>	3
			Total	15		Total

Year	Fall			Spring		
	Area	Course	Units	Area	Course	Units
4	GE E (Lifelong Learning & Self Development)	<b>KNES 342, 353, or 386</b>	3	Elective		3
	Major (Core)	KNES 348, 361, 371, or 383	3	Concentration (Elective <sup>3</sup> )	KNES 354, 365, 375, 414, 430, 457, 463, 470, 495, or 499	3
	Major (Core)	KNES 348, 361, 371, or 383	3	Concentration (Elective <sup>3</sup> )	KNES 354, 365, 375, 414, 430, 457, 463, 470, 495, or 499	3
	Concentration (Required)	KNES 450 or 458	3	Concentration (Elective <sup>3</sup> )	KNES 354, 365, 375, 414, 430, 457, 463, 470, 495, or 499	3
	Concentration (Required)	KNES 450 or 458	3	Elective		3
			Total	15		Total

<sup>3</sup>Concentration (Elective) – complete 6 units (two courses) from the list.

#### Important Notes

- Prerequisites should be verified in the catalog prior to registration each term.
- Courses in **BOLD** are recommended for all kinesiology majors; courses in *ITALICS* are recommended/required for the concentration.
- Meet with GE Advisors to determine sequence for completion of GE requirements.
- Meet with KNES Advisor each semester.
- Students pursuing PT, OT, PA, DC, MD should meet with Health Professions Office to determine appropriate courses for some GE categories.
- Apply for graduation once you have earned 85 units.