

# BACHELOR OF SCIENCE IN KINESIOLOGY: CONCENTRATION IN EXERCISE AND MOVEMENT SCIENCES – KIN ASSOCIATE DEGREE FOR TRANSFER (ADT) ROADMAP

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This is a sample pathway for students who transfer to San Francisco State University in the current Bulletin year with an AA-T in Kinesiology. At least 16 lower-division units in the major (KIN 250, BIOL 100, BIOL 101, BIOL 220, BIOL 212, BIOL 213, and one activity unit) and all lower-division GE requirements have been satisfied. Additional units in the major may have been satisfied. Check with a major advisor about the most appropriate course sequence. **Degree completion guaranteed in 60 units; see the Associate Degree for Transfer (ADT) section for more information (<http://bulletin.sfsu.edu/undergraduate-admissions/transfer-students/>).**

## To Do at SF State:

Enough total units to reach 120 minimum for graduation; 30 units minimum at the upper-division level; to include the following:

### University-Wide Requirements: 9-15 Units

- American Institutions (0-6 units): US History, US Government, CA Government. If not met in transfer, see the next bullet.
- Upper-division GE (9 units): Courses may satisfy the US History or US/CA Government requirements, and UD-C or UD-D at the same time, if approved for multiple areas.
- Students entering the major with the AA-T in Kinesiology are not required to fulfill SF State Studies and Complementary Studies requirements.

### Kinesiology: Concentration in Exercise and Movement Sciences Major: 55 units

KIN 250, BIOL 220 or BIOL 328, BIOL 212, BIOL 213, and one unit of activity met in transfer.

- Prerequisites (13 units): BIOL 100 and BIOL 101 or BIOL 230; CHEM 101 and CHEM 102 or CHEM 115; and a Quantitative Reasoning course (see footnote 1) if not completed before transfer *\*Grade of 'C' or better\**
- Core: (16 units): KIN 384GW, KIN 457, KIN 480, KIN 482, and KIN 486
- Concentration (14 units): PHYS 101/PHYS 102 or PHYS 111/PHYS 112 if not completed before transfer; KIN 404, KIN 483, KIN 485, KIN 696 or KIN 697-KIN 698 or KIN 699
- Electives (12 units)

### University Electives: 0 or More Units

Depends on course choices made at the community college, how transferred units are applied to the requirements above, and course choices at SF State. Some courses may meet more than one requirement, e.g., both in UD GE and the major.

Course	Title	Units
<b>First Semester</b>		
Select One (Major Prerequisite):		4-5
CHEM 101 & CHEM 102	Survey of Chemistry and Survey of Chemistry Laboratory	
CHEM 115	General Chemistry I	
Quantitative Reasoning Prerequisite (3-4 units) - Take One <sup>1</sup>		3-4
Select One (Major Concentration):		4
PHYS 101 & PHYS 102	Conceptual Physics and Conceptual Physics Laboratory	
PHYS 111 & PHYS 112	General Physics I and General Physics I Laboratory	

US History, US/CA Government, and UD-C <sup>2</sup>		3
	<b>Units</b>	<b>16</b>
<b>Second Semester</b>		
KIN 384GW	Research Methods in Kinesiology - GVAR (Major Core)	3
KIN 404	Sport and Exercise Psychology (Major Concentration)	3
KIN 480	Anatomical Kinesiology (Major Core)	4
KIN 486	Motor Learning (Major Core)	3
	<b>Units</b>	<b>13</b>
<b>Third Semester</b>		
KIN 457	Culture, Gender, and Movement (Major Core, GP)	3
KIN 482	Exercise Physiology (Major Core)	3
KIN 483	Exercise Physiology Laboratory (Major Concentration)	1
KIN 485	Biomechanics (Major Concentration)	3
Major Electives (12 units total) - Take One <sup>3</sup>		3
GE Area UD–B: Upper Division Physical and/or Life Sciences		3
	<b>Units</b>	<b>16</b>
<b>Fourth Semester</b>		
Select One (Major Concentration):		3
KIN 696	Kinesiology Community-Based Internship	
KIN 697 & KIN 698	Integrative Research Seminar and Senior Research Project	
KIN 699	Independent Study	
Major Electives (12 units total) - Take Three <sup>3</sup>		9
GE Area UD–D: Upper Division Social Sciences		3
	<b>Units</b>	<b>15</b>
	<b>Total Units</b>	<b>60</b>

<sup>1</sup> **Quantitative Reasoning Requirement (3-4 units)**  
 Select One:  
 ETHS 116 Algebra and Statistics for Social Justice (4 units) (B4, SJ)  
 ETHS 117 Statistics for Social Justice (3 units) (B4, SJ)  
 ISED 160 Data Analysis in Education (3 units) (B4)  
 MATH 124 Elementary Statistics (3 units) (B4)  
 PSY 171 Quantitative Reasoning in Psychology (3 units) (B4)

<sup>2</sup> **US History, US/CA Government, and UD-C**  
 Select One:  
 HIST 470 The U.S. Constitution to 1896 (3 units) (UD-C, USH, USG/CSLG, AERM, SJ)  
 HIST 471 The U.S. Constitution Since 1896 (3 units) (UD-C, USH, USG/CSLG, AERM, SJ)

<sup>3</sup> **Electives (12 Units)**  
 Students must take 12 units of electives. Groupings of electives in three focus areas are provided below, but other groups are possible and students should meet with an advisor to select electives that align with their career path. The [movement science area](#) focuses on the factors that influence the neuromotor control, learning, relearning, and development of motor skills and analysis. The [social science area](#) focuses on the socio-cultural and psychological factors that serve to constrain and define human movement, fitness, and physical activity. The [exercise science area](#) focuses on the physiology of exercise, fitness and health, exercise prescription, and fitness programming in healthy adults, youth, elderly, and clinical populations.

**Movement Science Focus Area**  
 KIN 325 Computer Applications in Kinesiology (3 units)  
 KIN 437 Physical Dimensions of Aging (3 units)  
 KIN 487 Motor Development (3 units) (UD-B)  
 KIN 538 Therapeutic Exercise (3 units)  
 KIN 539 Motor Assessment of Individuals with Disabilities (3 units)  
 KIN 636 Neuromotor Control Processes (3 units)  
 KIN 680 Musculoskeletal Biomechanics and Human Movement (3 units)

**Social Science Focus Area**

KIN 322 Sport in America (3 units)  
KIN 331 Peak Performance (3 units) (UD-D, GP, SJ)  
KIN 434 Sport-Based Youth Development (3 units)  
KIN 489 History and Philosophy of Sport and Physical Activity (3 units)  
KIN 502 Sport and Social Issues (3 units) (UD-D, AERM, SJ)  
KIN 510 Sport, Movement, and Screen Culture (3 units) (UD-C, GP, SJ)  
KIN 604 Advanced Exercise Psychology (3 units)

**Exercise Science Focus Area**

*(Current CPR certification is required prior to graduating)*

KIN 310 Youth Development Instructional Analysis I (3 units)  
or KIN 312 Youth Development Instructional Analysis II (3 units)  
KIN 314 Principles of Strength and Conditioning (3 units)  
KIN 437 Physical Dimensions of Aging (3 units)  
KIN 490 Introduction to Sport and Fitness Program Management (3 units)  
KIN 538 Therapeutic Exercise (3 units)  
KIN 555 Exercise Testing and Prescription (3 units)  
KIN 683 Advanced Exercise Physiology (3 units)  
KIN 690 Internship in Fitness/Wellness (3 units)