

Kinesiology Major
Four-Year Program Suggestions

Year One

PSY 001 General Psychology (4)
KNS/BIO 40 Human Nutrition (4)
MA 5 Introduction to Statistics (4)
Elective that meets 12 unit requirement (4)

Year Two

KNS 072 Foundations of Kinesiology (3)
KNS/BIO 11 Human Anatomy (4)
KNS/BIO 12 Human Physiology (4)
Elective that meets 12 unit requirement (4)

Year Three

KNS 105 Physiology of Exercise (4)
KNS 166 Movement: Pedagogy and Leadership (4)
KNS 181 Special Populations (4)
KNS 157 Psychology of Sport and Movement (2)
Elective that meets 12 unit requirement (4)

Year Four

KNS 101 Basic Biomechanics (4)
KNS 181 Motor Behavior (2)
KNS 195 Senior Seminar (2)
Choose one: KNS 110 Cardiovascular Dynamics (3)
 KNS 151 Prevention/Treatment of Athletic Injuries (3)
 KNS 160 Strength and Conditioning (3)