

B.S. in Kinesiology - Exercise Science (ES)

Last updated: July 8, 2026

GE units required: 43

Major/Elective units required: 77 (this page)

Total units required for graduation: 120

[See website to determine whether course is offered in the Fall or Spring semester.](#)



KINESIOLOGY CORE REQUIREMENTS: 32 UNITS - does not include BIOL 2240 (4 units), GE B4 (3 units), KINE 3050 (GE UD-4) because they're already counted as GEs

	Course Number	Course Name	Units	Prerequisites	Notes
Lower-division (LD) (20 units)	BIOL 2230	Human Anatomy & Physiology I	4		
	BIOL 2240	Human Anatomy & Physiology II	4	BIOL 2230	Counts toward GE B2/5B
	MATH	GE Category B4/2	3		Counts toward GE B4/2; Suggest: ES/HP/PEAPE (MATH 1301), AHP (MATH 1301, 1401, 1601, or 2210)
	KINE Activity	2 units of LD activity (1-unit per course x 2)	2		PEAPE: Take KINE 2613 (Teaching/Coaching for Dance + gymnastics) instead (counts as 2 units)
	KINE 2100	Orientation to Kinesiology	3		
	KINE 2510	Research Seminar in Kinesiology	1		previously 3510
	KINE 2700	Introduction to Fitness and Programming	3		Prep course for ACSM/NSCA Certified Personal Trainer (CPT) Exam; CPR cert. required by completion
Upper-division (UD) (22 units)	KINE 3050	Disability, Physical Activity, and Society	3		Counts toward GE- UD-4
	KINE 3200	Principles of Human Movement	3	BIOL 2240	All students need this
	KINE 3400	Psychology & Sociology of Human Movement	3		
	KINE 3500	Motor Development Across the Lifespan	3		
	KINE 3700	Statistics in Kinesiology (WI)	3	GE B4/2	WI: Counts as GE Writing-Intensive designation
	KINE 3800	Exercise Physiology w/Lab	4	BIOL 2240	
	KINE 4100	Motor Learning & Control	3		

CONCENTRATION REQUIREMENTS - EXERCISE SCIENCE:30 UNITS

ES Core (18 units)	KINE 2300	Prevention & Care of Athletic Injuries	3	BIOL 2240	
	KINE 3600	Physical Activity & Aging	3		
	KINE 3810	Sports & Exercise Nutrition	3		
	KINE 4200	Seminar in Kinesiology	1	Senior Standing	
	KINE 4400	Exercise Testing & Prescription w/Lab	4	KINE 3800	Prep course for ACSM Certified Exercise Physiologist (EP) Exam
	KINE 4800	Biomechanics w/Lab	4	GE B4, KINE 3200	
ES Electives (choose 12 units)	KINE 2200	Medical Terminology	3		Online only
	KINE 2400	Applications of Technology in Kinesiology	1		
	KINE 2500	Observational Field Experience in ES/AHP	2		Must have site agreement prepared within 2 weeks of semester
	KINE 3250	Exercise Techniques for Resistance Training w/L	3	BIOL 2240	Offered in Fall semester only.
	KINE 3900	Health & Fitness Business Management	3		
	KINE 4500	Principles of Strength & Conditioning	3	KINE 3200 & 3800	Offered in Spring semester only. Prep course for NSCA Certified Strength & Conditioning Specialist (CSCS) Exam
	KINE 4600	EKG Interpretation & Stress Testing w/Lab	4	KINE 3800	
	KINE 4700	Clinical Exercise Physiology w/Lab	4	KINE 3800	Offered in Spring semester only.
	Free Electives 12 units				Choose courses that might benefit future career path, such as other kinesiology courses to prepare for ACSM EP or NSCA CSCS exam
	Grad Requirement= 3 units (History, Constitution, Government)				



[Who is My Advisor?](#)