

Sport, Exercise, and Performance Psychology Concentration

Bachelor of Science in Kinesiology

All classes are 3 units unless otherwise specified. 120 units are required to graduate.

Preparation for Kinesiology (19 units)	Kinesiology Core – Upper Division (32 units)
BIO 105 & 105L General Biology with Lab (4) BIO 305 & 315L Human Anatomy and Physiology I with Lab (4) BIO 310 & 310L Human Anatomy and Physiology II with Lab (4) CHEM 150 & 150L General, Organic and Biochemistry with Lab (4) PSY 150 Introduction to Psychology	KIN 125 Introduction to Kinesiology KIN 175 Intro to Sport, Exercise and Performance Psychology (3) KIN 215 Fundamentals of Nutrition KIN 225 Applied Sport Psychology (3) KIN 315 Nutrition for Exercise and Sport Performance KIN 325 Motor Control & Learning KIN 335 & 335L Exercise Physiology with Lab (4) KIN 350 Measurement and Evaluation in Kinesiology KIN 460 Internship KIN 490 Experimental and Research Methods (2) KIN 499 Senior Thesis (2)
Exercise Science and Athletic Performance Concentration (10 units)	Any Electives (5 units)
PHY 105 & 105L Physics I with Lab (4) KIN 230 Prevention and Care of Injuries KIN 320 Biomechanics	<p><i>Choose from the courses listed below in consultation with your faculty advisor</i></p> KIN 198 Certified Strength & Conditioning Specialist Certification Prep KIN 199 Personal Training Methodology Cert. Prep KIN 370 Health and Fitness Across the Lifespan KIN 380 Socio-Psychological Aspects of Sport and Physical Activity KIN 395 Exercise Physiology in Special Populations - Or other course approved by advisor -
Integrated Core (18 units)	General Education (36 units)
INT 100 Interdisciplinary Liberal Studies INT 200 Classical Rhetoric INT 205 Byzantine Studies INT 300 Ethics INT 310 Modern European Thought & Culture INT 350 The American Experiment	COM 105 Oral Communication CSS 100 College Success Strategies ECO 100 Introduction to Economics MTH 100 College Algebra MTH 105 Introduction to Statistics THE 100 & THE 110 Christianity and the Bible WRI 100 & WRI 105 College Composition Foreign Language (3 semesters)