

B.S. Kinesiology (120 Units) - Exercise and Fitness Specialization
 San José State University - College of Health and Human Sciences
 4-Year Advising Roadmap - Updated Academic Year 2021-2022

This roadmap is an advising tool that outlines a path of courses a student can take to complete requirements for graduation. The roadmap should be used in consultation with [University-Official Roadmaps](#) and your main KIN advisor to identify additional requirements in completing the major.

- A.** Offer specific course name and course number under the “competition status” column to indicate class choice for GE, SJSU Studies, activity, guided elective, and requirements with multiple options (e.g., US 1, 2, or 3; KIN 160, KIN 161, or KIN 164, etc.). For courses in progress, list IP with semester and year (e.g., IP FA21). For courses to be taken, list TBT (e.g., TBT FA 22).
- B.** All courses/prerequisites require a C- or better unless otherwise noted (e.g., KIN 100W must be passed with a C or better).
- C.** Upper Division Standing = 60+ Units Completed; Senior Standing = 90+ Units Completed.

Student Name (First and Last)	Student ID#	Student Email Address	Advisor Name

Year 1 - Fall Semester**Year 1 - Spring Semester**

Course/ Requirement	Required Prerequisite	Units	Completion Status	Course/ Requirement	Required Prerequisite	Units	Completion Status
GE Area A1	-	3		GE Area A2	-	3	
GE Area D+US123	-	3		GE Area D+US123	-	3	
GE Area E	-	3		GE Area B4 (STAT 95 Recommended)	-	3	
CHEM 30A (GE Area B1)	-	3		GE Area C1	-	3	
1 Activity Class*	-	1		KIN 70	-	3	
				1 Activity Class	-	1	
Total Semester Units		13		Total Semester Units		16	

* See p. 4 of this roadmap for activity requirements, suggested courses, and movement areas.

Year 2 - Fall Semester*****Year 2 - Spring Semester**

Course/ Requirement	Required Prerequisite	Units	Completion Status	Course/ Requirement	Required Prerequisite	Units	Completion Status
BIOL 65	-	4		BIOL 66	Recommended: BIOL 65 & CHEM 30A	5	
GE Area A3 (ENGL 2 Recommended)	-	3		GE Area C2	-	3	
GE Area C1 or C2	-	3		KIN 160, KIN 161, or KIN 164	KIN 70	3	
GE Area F	-	3		Guided Elective	See p. 3	3	
Guided Elective	See p. 3	3		1 Activity Class	-	1	
Total Semester Units		16		Total Semester Units		15	

*** Take the Writing Skills Test (WST) or Directed Self Placement (DSP) during the Fall Semester of Year 2: <https://www.sjsu.edu/wac/wst/>

*** Start planning for your International Experience Requirement: <https://www.sjsu.edu/chhs/students/international-experience/index.php>

*** See the following link for more information on the Study Abroad and Away program at SJSU: <https://www.sjsu.edu/studyabroad/>

Year 3 - Fall Semester*****Year 3 - Spring Semester**

Note on applying for graduation: Be sure to apply for graduation two semesters in advance in order to receive two semesters of priority registration. You will be eligible to apply once you have completed 85+ units (Spring Semester of Year 3). See the following link for more information: <https://www.sjsu.edu/registrar/graduation/>

Course/ Requirement	Required Prerequisites	Units	Completion Status	Course/ Requirement	Required Prerequisite	Units	Completion Status
KIN 100W (SJSU Studies Area Z - Must be passed with a C or better)	KIN 70, Area A3, completion of core GE, Upper Division Standing & WST or DSP	3		SJSU Studies Area V	Completion of core GE, Upper Division Standing, & WST or DSP (100W is strongly recommended)	3	
KIN 155	KIN 70, BIOL 66, & CHEM 30A	3		KIN 158	KIN 70 & BIOL 65	3	
KIN 165 or KIN 166	KIN 70 (KIN 166 also requires BIO 66)	3		KIN 165 or KIN 166 (Whichever not previously taken)	KIN 70 (KIN 166 also requires BIO 66)	3	
KIN 151 (Fall Only), KIN 152, or KIN 153	KIN 70; KIN 153 requires KIN 152 or instructor consent	3		KIN 167	KIN 70 & PSYC 1	3	
Guided Elective	See p. 3	3		1 Activity Class	-	1	
1 Activity Class	-	1					
Total Semester Units		16		Total Semester Units	Apply for Graduation	13	

*** Contact the CHHS SSC for additional information regarding the International Experience requirement. The requirement can be completed in Summer or Winter sessions, too: <https://www.sjsu.edu/chhs/students/international-experience/index.php>

*** See the following link for more information on the Study Abroad and Away program at SJSU: <https://www.sjsu.edu/studyabroad/>

Year 4 - Fall Semester**Year 4 - Spring Semester**

Course/ Requirement	Required Prerequisite	Units	Completion Status	Course/ Requirement	Required Prerequisite	Units	Completion Status
SJSU Studies Area R	Completion of core GE, Upper Division Standing, & WST or DSP (100W is strongly recommended)	3		SJSU Studies Area S	Completion of core GE, Upper Division Standing, & WST or DSP (100W is strongly recommended)	3	
KIN 154B	KIN 70 & KIN 155	3		KIN 147	KIN 70 & KIN 158	3	
KIN 157	CHEM 30A, GE Area B4, BIOL 66, KIN 70, & KIN 155	3		KIN 162	KIN 70 & KIN 155	3	
KIN 175	KIN 70 and GE Math B4	3		KIN 185	KIN 70 & Senior Standing	1	
Guided Elective	See p. 3	3		KIN 187	KIN 70 & KIN 155	3	
1 Activity Class	-	1		KIN 198	KIN 70, Upper Division Standing, & Internship Manager Approval	2	
Total Semester Units		16		Total Semester Units		15	

Pre-Approved Guided Electives For Exercise and Fitness Specialization (12 units)

Note on double-counting GE Courses: In order to double-count a GE course (labeled below) as a guided elective, you must have 120 units completed prior to graduation. Be sure to double check your MyProgress along with discussing double-counting guided electives with your main KIN advisor.

Course	Prerequisite	Units
KIN 69 - Stress Management (Also a GE Area E Course)	-	3
KIN 156 - Introduction to Adapted Physical Activity	KIN 70	3
KIN 167 - Sport Psychology OR KIN 168 - Psychology of Coaching OR KIN 176 - Exercise Psychology NOTE: Select a course if not being used to satisfy any courses listed in roadmap pages 1 & 2	For KIN 167: PSYC 1 For KIN 168: KIN 70 For KIN 176: PYSC 1	3
KIN 169 - Diversity, Stress, and Health (Also a GE Area S Course)	WST or DSP	3
KIN 180 - Individualized Studies	KIN 70 & Instructor/Advisor Consent	3
KIN 188 - Prevention and Care of Athletic Injuries (Lecture)	KIN 70, BIOL 65 or BIOL 65O, or instructor consent	2
KIN 189 - Prevention and Care of Athletic Injuries (Lab)	KIN 70 & KIN 188 (concurrent enrollment acceptable)	1
NUFS 8 - Nutrition for Health Professions OR NUFS 9 - Introduction to Nutrition (Also a GE Area E Course)	CHEM 30A or CHEM 1A CHEM 30A or CHEM 1A	3
NUFS 123 - Nutrition for Sport	NUFS 8 or NUFS 9	3
NUFS 116 - Aging and Nutrition	One college nutrition course or instructor consent	3
KIN 145 - Physical Activity for Older Adults	KIN 70	3
KIN 151 - Sport and Fitness Marketing (Fall Only) OR KIN 152 - Theory of Sport and Fitness Management OR KIN 153 - Sport Facility and Event Management NOTE: Select a course if not being used to satisfy any courses listed in roadmap pages 1 & 2	KIN 70 KIN 70 KIN 70	3

Activity Courses and Movement Areas

The table below offers accessible and introductory-level activity courses intended to appeal to the KIN major. For an exhaustive list with intermediate and advanced options, along with course descriptions, investigate the following link: https://www.sjsu.edu/kinesiology/programs/activity_program/descriptions/

Kinesiology majors must fulfill the University Physical Education requirement and complete activity courses from four different movement areas. Athletics courses will only count toward the University Physical Education requirement and satisfy one of the four movement areas required for Kinesiology majors.

Movement Area 1 - Combatives	Movement Area 2 - Fitness	Movement Area 3 - Dance	Movement Area 4 - Individual/Dual	Movement Area 5 - Team	Movement Area 6 - Adventure
KIN 051A * - Beginning Aikido	KIN 032 - Aerobics	KIN 041A - Topics in Ballet I	KIN 023A * - Beginning Archery	KIN 015A * - Beginning Basketball	KIN 063A * - Beginning Hiking and Backpacking
KIN 052A * - Judo	KIN 031 - Body Sculpting	KIN 048A * - Beginning Latin Dance	KIN 020A * - Beginning Badminton	KIN 065 - Beginning Ice Hockey	KIN 010A - Beginning Kayaking
KIN 053A * - Beginning Karate	KIN 029 - Cardio Kickboxing	KIN 044 - Line/Country Western Dance	KIN 024A * - Beginning Bowling	KIN 013 - Beginning Rugby	KIN 009A ** - Sailing
KIN 055 - Beginning Self-Defense	KIN 037 - Fitness Walking	KIN 045A - Beginning Lindy Hop and Night Club Swing	KIN 025A * - Beginning Golf	KIN 011* - Beginning Rowing	KIN 008 ** - Skin and Scuba (Prerequisite: KIN 002C)
KIN 054A * - Beginning Taekwondo	KIN 038 - Beginning Jogging	KIN 042A - Topics in Jazz Dance I	KIN 028A - Beginning Gymnastics	KIN 019A - Beginning Soccer	KIN 064 - Beginning Mountaineering
KIN 58A - Introductory Brazilian Jiu-Jitsu (BJJ)	KIN 030 - Pilates	KIN 040A *** - Topics in Modern Dance I	KIN 018A - Handball	KIN 014A * - Beginning Volleyball	
	KIN 034 - Step Training	KIN 046A * - Beginning Social Dance	KIN 062A - Beginning Ice Skating	KIN 3 - Waterpolo	
	KIN 050 - Tai Chi (Non-Combative)	KIN 047A - Beginning West Coast Swing	KIN 022A * - Beginning Racquetball	Athletics: Team	
	KIN 035A * - Beginning Weight Training	KIN 049A *** - Topics in Tap Dance I	KIN 002A * - Beginning Swimming		
	KIN 061A * - Beginning Hatha Yoga	KIN 154A - Topics in Dance Technique III (Audition required)	KIN 005 - Lifeguard Training		
	KIN 1 - Adapted Physical Activities		KIN 021A * - Beginning Tennis		
			KIN 027A * - Beginning Table Tennis		
			Athletics: Individual		

* Intermediate and/or Advanced activity courses also available. Intermediate and Advanced activity courses require completion of the previous level (e.g. KIN 002A, Beginning Swimming must be completed prior to enrolling in KIN 002B, Intermediate Swimming).

** Prerequisite Notice: Students must be able to swim 100 yards without stopping, tread water for 5 minutes, and exit from an overturned dinghy. Students will be tested for the requirement in the SPX pool.

*** Level II and/or Level III courses also available. Level II and Level III courses require completion of the previous level (e.g. KIN 049A, Topics in Tap Dance I must be completed prior to enrolling in KIN 049B, Topics in Tap Dance II).