

## B.S. Kinesiology (120 Units) - Inclusive Physical Activities in Communities (IPAC)

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 (ENGL 1A Recommended)	-	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	
<b>Total Semester Units</b>		<b>13</b>		<b>Total Semester Units</b>		<b>16</b>	

\* 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
GE Area A3	-	3		BIOL 66	Recommended: BIOL 65 & CHEM 30A	5	
GE Area F	-	3		EDSE 14	-	3	
GE Area C1 or C2	-	3		KIN 160, KIN 161, or KIN 164	KIN 70	3	
GE Area C2	-	3		Guided Elective	See p. 3	3	
BIOL 65	-	4		1 Activity Class	-	1	
<b>Total Semester Units</b>		<b>16</b>		<b>Total Semester Units</b>		<b>15</b>	

\*\*\* 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 R	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 156	KIN 70	3		KIN 166	KIN 70 & BIO 66	3	
KIN 165	KIN 70	3		Guided Elective	See p. 3	3	
Guided Elective	See p. 3	3		1 Activity Class	-	1	
1 Activity Class	-	1		KIN 159	KIN 70	3	
<b>Total Semester Units</b>		<b>16</b>		<b>Total Semester Units</b>	<b>Apply for Graduation</b>	<b>16</b>	

\*\*\* 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 S	Completion of core GE, Upper Division Standing, & WST or DSP (100W is strongly recommended)	3		SJSU Studies Area V	Completion of core GE, Upper Division Standing, & WST or DSP (100W is strongly recommended)	3	
KIN 107	KIN 70 & KIN 156; KIN 2A or KIN 105	2		KIN 108	KIN 70 & KIN 156	2	
KIN 174	KIN 70 & KIN 156	3		KIN 153 or RECL 97	KIN 70 for KIN 153	3	
KIN 187	KIN 70 & KIN 155	3		KIN 185	KIN 70 & Senior Standing	1	
Guided Elective	See p. 3	3		KIN 175	KIN 70	3	
1 Activity Class	-	1		KIN 198	KIN 70, Upper Division Standing, & Internship Manager Approval	1	
<b>Total Semester Units</b>		<b>15</b>		<b>Total Semester Units</b>		<b>13</b>	

## Pre-Approved Guided Electives For IPAC 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 145 A/B - Physical Activity for Older Adults	KIN 70	3
KIN 162 - Advanced Fitness Assessment and Exercise (Fall Only)	KIN 70 & KIN 155	3
KIN 167 - Sport Psychology	PSYC 1	3
KIN 168 - Psychology of Coaching	KIN 70	3
KIN 180 - Individualized Studies	KIN 70 & Instructor/Advisor Consent	3
ART 46 - Introduction to Ceramics or Other Acceptable Skills Class (See the following link for the <a href="#">ART Course Catalog</a> )	Advisor Consent for Other Skills Class	3
STAT 95 - Elementary Statistics (Note: May not be used as a guided elective used to satisfy GE B4 math requirement)	Satisfaction of ELM Requirements and Two-Years of High School Algebra	3
OCTH 190 - Foundations of Neuroscience for Occupation Therapy (Summer Only)	BIOL 65 or BIOL 65o & BIOL 66	3
GERO 107 - Aging and Society (Also SJSU Studies GE Area S)	Completion of WST or DSP	3
RECL 110 - Leisure, Life, and Contemporary Society	Upper-Division Standing	3
RECL 112 - Introduction to Therapeutic Recreation Services	Upper-Division Standing	3
HSPM 185 - Leisure, Recreation, and Aging	Upper-Division Standing	3
NUFS/KIN 163 - Physical Fitness and Nutrition (Also SJSU Studies GE Area R)	Completion of WST or DSP	3
NUFS 116 - Aging and Nutrition	One College Nutrition Course or Instructor Consent	3
PSYC 110 - Adult Psychopathology*	PSYC 1	3

\* SJSU Pre-OT students must have completed prerequisites before applying for the OT Entry-Level Master's Program; these courses satisfy select prerequisites. All SJSU OT Entry-Level Master's Program prerequisite coursework must be passed with a grade of B or higher to count toward completion of the OT prerequisites.

Complete information about the OT Entry-Level Master's Program is available in the Occupational Therapy, MS section of the catalog and at [www.sjsu.edu/occupationaltherapy/advising](http://www.sjsu.edu/occupationaltherapy/advising)

## 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/](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 - <b>Combatives</b>	Movement Area 2 - <b>Fitness</b>	Movement Area 3 - <b>Dance</b>	Movement Area 4 - <b>Individual/Dual</b>	Movement Area 5 - <b>Team</b>	Movement Area 6 - <b>Adventure</b>
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).