KINESIOLOGY MAJOR

Today's Date: ________________________________________________
Name: ______________________ ID#___________________________
USF Email: __________________________________________________
Advisor: _____________________________________________________
Expected Graduation Date: _____________________________________

Minor: Gerontology _____ Neuroscience _____
        Child Studies_____ Health Studies _____
        Pre-Professional Health Program _____

UNIVERSITY CORE COURSES

A. Foundations of Communication (8 units)
   1. Public Speaking
   2. Rhetoric and Composition
B. Mathematics and Science (0 units)
   1. Mathematics (satisfied by KIN 200)
   2. Natural Science (satisfied by BIOL 115-116)
C. Humanities (8 units)
   1. Literature
   2. History
D. Mission (12 units)
   1. Philosophy
   2. Theology
   3. Ethics
Integration of Service Learning
Integration of Cultural Diversity
E. Social Sciences (4 units)
F. Fine and Performing Arts (4 units)

(Minimum of 44 units for CORE) Total Units

Foreign Language (0-8 Units)
Language: ______________Placement Score: ________

MINOR OR ELECTIVE COURSES

List any other course you plan to register for this semester.
________________________________________________________________________

☐ 128 units required to graduate

This document must be updated before every academic registration period and delivered to the Department of Kinesiology before your advising hold is removed allowing you to register.

KINESIOLOGY COURSES

Required Lower Division Courses (24 units)

KIN 100 Physical Activity (4)
   (4 different 1-unit courses from at least 3
different areas: Fitness and Wellness,
Creative Movement, Individual Sport, Team
Sport. See reverse side.)

BIO 113 Human Anatomy (3)
BIO 114 Laboratory in Human Anatomy (1)
BIO 115 Survey of Human Physiology (3)
BIO 116 Laboratory in Human Physiology (1)
KIN 120 Introduction to Kinesiology (4)
KIN 200 Measurement & Statistics (4)
KIN 220 Anatomical Kinesiology (4)
   (Prerequisite: BIOL 113-114)

Required Upper Division Courses (20 units)

KIN 300 Motor Development (4)
KIN 310 Exercise Physiology (4)
KIN 315 Exercise Psychology (4)
KIN 320 Motor Learning (4)
KIN 350 Biomechanics (4)

Advanced Area Studies (12 units minimum)

KIN 325 Exercise and Disease Prevention (4)
KIN 330 Exercise and Health Promotion (4)
KIN 335 Physical Activity and Aging (4) (SL)
KIN 340 Neuroscience (4)
KIN 354 Exercise Program Design (4)
KIN 358 Clinical Exercise Testing (4)
KIN 360 Exercise and Healthy Kids (4)
KIN 362 Sport, Culture, and Society (4)
KIN 368 Nutrition for Exercise and Society (4)
KIN 390 Special Topics (1-4)
KIN 398 Professional Practicum (2-4)
KIN 399 Directed Study (1-4)
KIN 410 Research Seminar (4)

☐ All coursework for the major must be
   completed with a final grade of “C” or higher

☐ May only repeat a required Kinesiology course
   one time.

☐ No more than two required Kinesiology
   courses may be repeated.

Rev. 10/18/17
### KIN 100 Physical Activity Courses

#### Fitness and Wellness
- Aerobic Fitness
- Functional Training
- Weight and Circuit Training
- Relaxation and Massage Techniques
- Pilates/Feldenkrais Mat Class
- Yoga

#### Creative Movement
- Ballet (Beg)
- Contemporary Dance (Beg)
- Flash Mobs
- Global Street Dance
- Hip Hop (Beg)
- West African Dance
- Ballroom, Latin, and Swing Dance

#### Individual Sport
- Tennis
- Golf
- Swimming Instruction
- Swimming for Fitness
- Taekwondo
- Fencing
- Gymnastics/Tumbling
- Badminton

#### Team Sport
- Volleyball
- Basketball
- Soccer