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.

KINESIOLOGY COURSES

Required Lower Division Courses (24 units)
KIN 100 Physical Activity (4) ______ ______ ______ ______
(4 different 1-unit courses from at least 3 of the 4 areas: Fitness/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 (16 units)
KIN 300 Motor Development (4) ______
KIN 310 Exercise Physiology (4) ______
KIN 315 Exercise Psychology (4) ______
KIN 320 Motor Learning (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 350 Biomechanics (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 Health (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 courses for the major must be
completed with a ”C” or higher grade.

May repeat a major course one time.

No more than two courses may be repeated in
the major.

This document must be updated before every
academic registration period and delivered to
kinesiology@usfca.edu before your advising
hold is removed allowing you to register.

Rev. 2.29.16
KIN 100 Physical Activity Courses

**Fitness/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
- Partnering and Contact Improvisation
- Conditioning for Dancers
- Dance for Musical Theatre

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

**Team Sport**
- Volleyball
- Basketball
- Soccer