

KINESIOLOGY & HEALTH SCIENCES DEPARTMENT
KHS-Sports Science:Strength & Conditioning (SC) = 4 YEAR SEQUENCE

Year 1					
Fall Semester 1			Spring Semester 2		
Units	Course	Goal	Units	Course	Goal
1	First Year Seminar (FYS)	LL-FSP	1	Stat 115 or 215	CC-QR (2)
1	KHS 160 Health & Wellness Issues (or swap with STA 115)	KC (1) (1 CC) Behavioral/Cultural	1	KHS 172 Foundations of KHS Or BIO 171 (201)	KC (3) or CC-Nat Sci (3)
1	KHS 103/203 Anatomy & Physiology	KC (2)	1	KHS 105/205 Applied Anat. & Phys	KC (4)
1	KHS 172 Foundations of KHS Or BIO 171	KC (3) Or CC-Nat Sci (3)	1	College Core (CC)/ World Views, Ways of Knowing Include a Civic Responsibility	CC-Arts/Hum (4) WVWK
FYCEL - First Year – Community Engaged Learning					
4			4 (8)		
Year 2					
Fall Semester 3			Spring Semester 4		
Units	Course	Goal	Units	Course	Goal
1	CC/Literary, Visual, Perform Arts Include a Civic Responsibility	CC- Arts/Hum, LVPA (5)	1	KHS 220/320 Research Methods	KC (7)
1	CC/Social Science Historical Perspective Include a Civic Responsibility	LL-Soc Sci (6) History	1	Elective	EL (1)
1	KHS 250 Nutrition and Metabolism (prereq BIO 201/KHS 103/203)	KC (5)	1	KHS 211 Applied Physiology	KC (8)
1	KHS 210: Applied Strength & Conditioning –	KC (6)	1	CC +1: Suggested: Quantitative Reasoning/ Natural Science (ex. Calc/Bio/Chem/Phys)	CC-Arts/Hum (7) LVPA
4 (12)			4 (16)		
Year 3					
Fall Semester 5			Spring Semester 6		
Units	Course	Goal	Units	Course	Goal
1	CC+2 Suggested: SS (ex. Psy/Soc)	LL- option (8)	1	KHS 303: KHS Management and Professional Responsibilities	KC (13)
1	KHS 302 Assessment & Eval of Human Performance	KC (9)	1	KHS 300: Pediatric Exercise	KC (11)
1	KHS 304: Behavioral Science in Exercise and Sport	KC (10)	1	KHS 301 Biomechanics	KC (12)
1	Elective	EL (2)			
0.5	KHS 396/397: EIM Jr. Internship				CC (+0.5)
4 (20)			3.5 (23.5)		
Year 4					
Fall Semester 7			Spring Semester 8		
Units	Course	Goal	Units	Course	Goal
1	KHS 400 : Applied Movement Analytics	KC (14)	1	Elective	EL (3)
1	KHS 405 Clinical Exercise Physiology	KC (15)	1.5	KHS 496 Internship**	KC (17 & 18)
1	KHS 410 Exercise Physiology And Exercise Prescription	KC (16)	1	KHS 497 Seminar in KHS (Capstone)**	KC (19)
	Optional Elective			Optional Elective	
3 /26.5)			3.5/(30)		

KEY: ** = Offered both semesters/all other courses offered only in the semester (fall or spring) as listed

Blue – KHS Curriculum (KC) – 19 units
Green – FY/College Core (CC) – 8 units
Black– Electives/ (EL) – 3 units
Total 30

Minor optional - with +2 electives