

**Bachelor of Science Degree
College of Liberal Arts and Sciences, ASU
Department of Kinesiology (KIN)**

Undergraduate Academic Advisor, Donna Landers, PE West, Room 218, (480) 965-3875

MINIMUM GRADE OF “C” REQUIRED IN ALL PREREQUISITE AND MAJOR COURSES

I. REQUIRED GENERAL STUDIES COURSES (21 cr.) (prerequisites for KIN core courses):

- _____ BIO 201 (SG) – (prerequisite for KIN 335, KIN 340, KIN 345)
- _____ BIO 202 (NS) – (prerequisite for KIN 340)
- _____ CHM 101 (SQ) – (prerequisite for KIN 340)
- _____ MAT 117 (MA) – (prerequisite for KIN 335)
- _____ PGS 101 (SB) – (prerequisite for KIN 345, KIN 352)
- _____ PHY 111 (NS) – (prerequisite for KIN 335)

(General Studies abbreviations used above: SQ & SG = Sciences; MA = Mathematics; SB = Social and Behavioral Sciences; L = Literacy and Critical Inquiry (courses in Kinesiology)*; NS = Natural Sciences and Mathematics).

II. PRE-CORE (May be taken concurrently with Scientific Core.) (8 cr.):

- _____ KIN 200 Introduction to Kinesiology (2 cr.)
- _____ KIN 110 Movement Analysis Lab (6 cr.)

III. SCIENTIFIC CORE (12 cr.):

- _____ KIN 335 Biomechanics
- _____ KIN 340 Physiology of Exercise
- _____ KIN 345 Motor and Developmental Learning
- _____ KIN 352 Psychosocial Aspects of Physical Activity

IV. AREAS OF CONCENTRATION (21 cr.)

There are three concentrations in Kinesiology. Students must select one of these concentrations. They are **EXERCISE SCIENCE, MOVEMENT SCIENCE, AND TEACHER PREPARATION.**

V. POST CORE CAPSTONE COURSE (1 cr.):

- _____ KIN 498 Pro Seminar: Kinesiology & the Future – (course taken in senior year.)

***Courses meeting Literacy and Critical Inquiry (L) requirements:**

- _____ KIN 400 Teaching Physical Activity Concepts (prerequisite: KIN 200)
- _____ KIN 414 Electromyographic Kinesiology (prerequisite: KIN 335, KIN 340)
- _____ KIN 422 Motor Control in Special Populations (prerequisite: KIN 345)
- _____ KIN 441 Physiology of Women in Sport (prerequisite: KIN 340)
- _____ KIN 443 Exercise Endocrinology (prerequisite: KIN 340)
- _____ KIN 448 Applied Sport Psychology (prerequisite: KIN 352)
- _____ KIN 460 Theory of Strength Training (prerequisite: KIN 340)

*There are other L courses in the university

Bridge Course (s) (CLAS requirement):

- _____ KIN 422 Motor Control Special Populations
- _____ KIN 452 Exercise Psychology (SB)

EXERCISE SCIENCE CONCENTRATION

For the student interested in more applied aspects of exercise and sport performance, e.g., strength and conditioning, sports medicine, sport skill acquisition, exercise physiology, biomechanical techniques in exercise and sport, sport psychology.

Exercise Science – 21 credits: Part A and Part B must be completed.

Part A: 9 credits

Choose from:

KIN 334 Functional Anatomy and Kinesiology

KIN 448 Applied Sport Psychology

KIN 484 (1-6 cr.) Internship

KIN 494 ST: Interpretation of Exercise Performance

Part B: 12 credits

Choose from:

KIN 283 Prevention and Care Athletic of Injuries

KIN 348 Psychological Skills for Optimal Performance

KIN 370 Advanced First Aid

KIN 412 Biomechanics of the Skeletal System

KIN 413 Qualitative Analysis in Sport Biomechanics

KIN 441 Physiology of Women in Sport

KIN 442 Fuel Metabolism

KIN 444 Metabolic Adaptations to Exercise Training

KIN 445 Exercise Physiology for Children and Adolescents

KIN 450 Biopsychosocial Perspectives of Physical Activity & Health

KIN 460 Theory of Strength Training

KIN 485 Advanced Techniques of Athletic Training

KIN 494 ST: Environmental Exercise Physiology

KIN 494 ST: Physiological Basis for Exercise and Sport

KIN 494 ST: Sport and Social Issues

Other Kinesiology courses with advisor approval

MOVEMENT SCIENCE CONCENTRATION

For the student interested in pre-health professions and those interested in biomechanical, physiological, motor control, and/or psychological mechanisms underlying human movement performance. Students interested in pursuing post-baccalaureate training in one of several possible professions in the health care industry (e.g., physical therapy, recreational therapy, occupational therapy, physician's assistant, medicine, dentistry, podiatry, chiropractic, etc.) will have additional course work in the sciences to complete (see department for list).

Movement Science – 21 credits: Part A and Part B must be completed.

Part A: 9 credits

Choose from:

KIN 484 Internship (1-6 cr.)

KIN 492 Research (1-6 cr.)

KIN 493 Honors Thesis (1-6 cr.)

KIN 494 ST:Research Methods

KIN 499 Individualized Instruction (1-6 cr.)

Part B: 12 credits

Choose from:

KIN 334 Functional Anatomy and Kinesiology

KIN 370 Advanced First Aid

KIN 412 Biomechanics of the Skeletal System

KIN 414 Electromyographic Kinesiology

KIN 421 Human Motor Control

KIN 422 Motor Control in Special Populations

KIN 423 Motor Control and Aging

KIN 440 Exercise Biochemistry

KIN 442 Fuel Metabolism

KIN 443 Exercise Endocrinology

KIN 445 Exercise Physiology for Children and Adolescents

KIN 450 Biopsychosocial Perspectives of Physical Activity & Health

KIN 452 Exercise Psychology

KIN 494 ST: Physiological Basis for Sport and Exercise

KIN 494 ST: Voluntary and Reflex Control of Movement

KIN 494 ST: Muscle Physiology

Other Kinesiology courses with advisor approval

Additional Coursework:

Attention students in pre-physical therapy and pre-medicine: Suggested course work is as follows:

CHM 113; 115 or 116; 231-235 or 331-335 & 332-336; BCH 361; PHY 111-113, 112-114; MAT 170 or 210; statistics or computer science; other courses in biology, microbiology and/or psychology.

TEACHER PREPARATION CONCENTRATION

For the student interested in a physical education teaching career at the elementary or secondary school level; also appropriate for students interested in coaching, youth sports, and recreation.

Teacher Preparation – 21 credits: Part A and Part B must be completed.

Part A: 9 credits

KIN 361 Physical Education in the Secondary School
KIN 376 Physical Education for the Elementary School
KIN 382 Adaptive and Inclusive Physical Education

Part B: 12 credits

Choose from:

KIN 100 Introduction to Health Wellness
KIN 283 Prevention and Care of Athletic Injuries
KIN 290/292 Sports Officiating
KIN 334 Functional Anatomy and Kinesiology
KIN 348 Psychological Skills for Optimal Performance
KIN 370 Advanced First Aid
KIN 400 Teaching Physical Activity Concepts
KIN 413 Qualitative Analysis in Sport Biomechanics
KIN 422 Motor Control in Special Populations
KIN 441 Physiology of Women in Sport
KIN 445 Exercise Physiology for Children and Adolescents
KIN 448 Applied Sport Psychology
KIN 460 Theory of Strength Training
KIN 484 Internship (1-6 cr.)
KIN 485 Advanced Techniques of Athletic Training
KIN 494 ST: Administration of Athletics
KIN 494 ST: Research and Teaching in Physical Education
KIN 494 ST: Sport and Social Issues

Other Kinesiology courses with advisor approval