

# EXERCISE PHYSIOLOGY BS

## More Information

### Advising Requirement

Advising is mandatory for this program. Consult your department advisor or program coordinator for information.

### E-advising Tools

Students are encouraged to use the interactive e-advising tools that have been designed to help them graduate within four years. These tools can be accessed through the Student Center.

## Grading Requirement

All courses taken to fulfill program course requirements must be taken for a letter grade except those courses specified by the department as credit/no credit grading only.

## Course Requirements for the Major: 70-73 units

Completion of the following courses, or their approved transfer equivalents, is required of all candidates for this degree. Courses in this program may complete more than one graduation requirement.

Course	Title	Units
<b>Lower Division</b>		
BIOL 103	Human Anatomy	4
BIOL 104	Human Physiology	4
KINE 105	Introduction to Kinesiology	1
MATH 105	Introduction to Statistics	3
PHYS 202A	General Physics I	4
Select one of the following groups:		8
CHEM 107 & CHEM 108	General Chemistry for Applied Sciences and Organic Chemistry for Applied Sciences	
CHEM 111 & CHEM 112	General Chemistry I and General Chemistry II	
Select two units from any KINE 100-level activity courses		2
<b>Upper Division</b>		
KINE 320W	Foundations of Exercise and Sport Psychology (W)	3
KINE 322	Biomechanics	4
KINE 323	Physiology of Exercise	4
KINE 386	Sports Epidemiology	3
KINE 390	Principles of Strength and Conditioning	3
KINE 480	Exercise Testing and Prescription	3
KINE 482	Exercise Pathophysiology	3
KINE 485	Seminar in Sports Medicine	3
NFSC 303	Nutrition and Physical Fitness	3
Select one of the following:		3
CHEM 350	Introductory Biochemistry	
KINE 324	Exercise Physiology: Metabolism	
Select one of the following:		3
KINE 505	Exercise Behavior and Adherence	
KINE 524W	Biomechanical Analysis (W)	
KINE 530	Advanced Principles of Strength and Conditioning	

### Electives

Select three of the following: 9-12

BIOL 162	Principles of Cellular and Molecular Biology
BIOL 211	Allied Health Microbiology
BIOL 302W	Evolution (W)
BIOL 303	Human Genetics
BIOL 322W	Science and Human Values (W)
BIOL 345	Health and Lifestyle Diseases
BIOL 418	Neurophysiology
KINE 315	Introduction to Adapted Physical Activity
KINE 316	Principles of Sports Injury Management
KINE 335	Youth Fitness
KINE 388	Personal Training
KINE 489	Internship Seminar
PHYS 202B	General Physics II
PSYC 381	Abnormal Psychology

**Total Units** 70-73

## Electives Requirement

To complete the total units required for the bachelor's degree, select additional elective courses from the total University offerings. You should consult with an advisor regarding the selection of courses which will provide breadth to your University experience and possibly apply to a supportive second major or minor.

See Bachelor's Degree Requirements (<https://catalog.csuchico.edu/undergraduate-requirements/bachelors-degree-requirements/>) for complete details on general degree requirements. A minimum of 39 units, including those required for the major, must be upper division.

## General Education Requirements: 48 units

See General Education (<https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/>) and the Class Schedule (<http://www.csuchico.edu/schedule/>) for the most current information on General Education Requirements and course offerings.

## Diversity Course Requirements: 6 units

You must complete a minimum of two courses that focus primarily on cultural diversity. At least one course must be in U.S. Diversity (USD) and at least one in Global Cultures (GC). See Diversity Requirements (<https://catalog.csuchico.edu/undergraduate-requirements/diversity-requirements/>) for a full list of courses. Most courses taken to satisfy these requirements may also apply to General Education (<https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/>).

## Upper-Division Writing Requirement

Writing Across the Curriculum (EM 17-009 (<http://www.csuchico.edu/prs/EMs/2017/17-009.shtml/>)) is a graduation requirement and may be demonstrated through satisfactory completion of four Writing (W) courses, two of which are designated by the major department. See Mathematics/Quantitative Reasoning and Writing Requirements (<https://catalog.csuchico.edu/undergraduate-requirements/mathematicsquantitative-reasoning-writing-requirements/>) for more

details on the four courses. The first of the major designated Writing (W) courses is listed below.

- KINE 524W Biomechanical Analysis (W)
- **Or choose from any upper-division Writing (W) course**

The second major-designated Writing course is the Graduation Writing Assessment Requirement (GW) (EO 665 (<https://calstate.policystat.com/policy/9585618/latest/>)). Students must earn a C- or higher to receive GW credit. The GE Written Communication (A2) (<https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/#A2>) requirement must be completed before a student is permitted to register for a GW course.