For students entering the major in 2003-2004

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 (Spring ’02)
    ____ 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 Physical Activity and Health: Psychological Perspectives
- KIN 460 Theory of Strength Training
- KIN 485 Advanced Techniques of Athletic Training
- KIN 494 ST: Sport and Social Issues
- KIN 494 ST: Environmental Exercise Physiology

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, dental, 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 Physical Activity and Health: Psychological Perspectives
KIN 452 Exercise Psychology
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 Physical Education for the Atypical Student

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 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: Sport and Social Issues

Other Kinesiology courses with advisor approval