

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

Undergraduate Academic Advising, PE West, Room 218, (480) 965-3875

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

I. REQUIRED GENERAL STUDIES COURSES (18 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)
- _____ PGS 101 (SB) – (prerequisite for KIN 345, KIN 352)
- _____ PHY 111 – (prerequisite for KIN 335)

Required Math Courses:

- _____ MAT 210 or 251 or higher (MA) – (prerequisite for KIN 335)

II. PRE-CORE (May be taken concurrently with Scientific Core.) (2 cr.):

- _____ KIN 200 Introduction to Kinesiology (2 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 (24 cr.)

There are two concentrations in Kinesiology. Students must select one of these concentrations. They are Kinesiology and Human Physiology.

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

- _____ KIN 414 Electromyographic Kinesiology (prerequisite: KIN 335, KIN 340)
- _____ KIN 421 Human Motor Control (prerequisite: KIN 345; *effective Fall 2006*)
- _____ KIN 422 Motor Control in Special Populations (prerequisite: KIN 345)
- _____ KIN 423 Motor Control and Aging (prerequisite: KIN 345; *effective Fall 2006*)
- _____ 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

KINESIOLOGY 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.

Kinesiology – 24 credits: Part A and Part B must be completed. Fifteen credits must be upper division level.

Part A: 9credits

Choose from:

- KIN 100 Introduction to Health and Wellness
- KIN 110 Research Analysis Laboratory Course (Maximum 3 credits)
- KIN 191 Freshman Seminars
- KIN 283 Prevention and Care Athletic of Injuries
- KIN 294 Research Methods I or equivalent (3cr.)
- KIN 334 Functional Anatomy and Kinesiology
- KIN 348 Psychological Skills for Optimal Performance
- KIN 370 Advanced First Aid

Part B: 15 credits

- 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 448 Applied Sport Psychology
- KIN 450 Biopsychosocial Perspectives of Physical Activity & Health
- KIN 460 Theory of Strength Training
- KIN 484 (1-9 cr.) Internship
- KIN 485 Advanced Techniques of Athletic Training
- KIN 492 Honors Directed Study (1-9 cr.)
- KIN 493 Honors Thesis (1-9 cr.)
- KIN 494 ST: Environmental Exercise Physiology
- KIN 494 ST: Exercise Electrocardiogram (ECG) Interpretation
- KIN 494 ST: Interpretation of Exercise Performance
- KIN 498 Pro Seminar: Kinesiology and the Future (1 credit max-taken in senior year)
- KIN 499 Individualized Instruction (1-9 cr.)
- Other KIN courses with advisor approval

HUMAN PHYSIOLOGY 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).

Human Physiology – 24 credits: Part A and Part B must be completed. Fifteen credits must be upper division level.

Part A: 9 credits

Choose from:

KIN 110 Research Analysis Laboratory Course (Maximum 3 credits)

KIN 191 Freshman Seminars

KIN 334 Functional Anatomy and Kinesiology

KIN 370 Advanced First Aid

BCH 361 Principles of Biochemistry

BIO 340 General Genetics

BIO 353 Cell Biology

BIO 360 Animal Physiology

CHM 231 Elementary Organic Chemistry or CHM 331 General Organic Chemistry

MBB 245 Cellular and Molecular Biology

Students may also take other upper division courses from: BCH, BIO, BME, CHM, HPS, MBB, PGS, PHY or PSY

Part B: 15 credits

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 484 Internship (1-9 cr.)

KIN 492 Research (1-9 cr.)

KIN 493 Honors Thesis (1-9 cr.)

KIN 494 ST: Exercise Electrocardiogram (ECG) Interpretation

KIN 494 ST: Muscle Physiology

KIN 494 ST: Neurophysiological Bases of Movement

KIN 494 ST: Research Methods II

KIN 499 Individualized Instruction (1-9 cr.)

Other KIN courses with advisor approval