

# KINESIOLOGY

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## DEPARTMENT OFFICE

PE 14  
(707) 664-2357  
[www.sonoma.edu/kinesiology](http://www.sonoma.edu/kinesiology)

## DEPARTMENT CHAIR

Steven V. Winter

## DEPARTMENT COORDINATOR

Gina Voight

## EQUIPMENT TECHNICIAN

Gloria Allen

## Faculty

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Wanda Boda  
Ellen Carlton  
Lauren Morimoto  
Bülent Sökmen  
Kurt Sollanek  
Steven V. Winter

## Programs Offered

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- Bachelor of Science in Kinesiology
- Exercise Science Concentration
- Lifetime Physical Activity Concentration
- Interdisciplinary Concentration
- Master of Arts in Kinesiology
- Minor in Kinesiology
- Adapted Physical Education Added Authorization Preparation

Kinesiology, as the study of human movement, utilizes a comprehensive and integrative approach to examine phenomena related to all aspects of physical activity. The curriculum offered by the Department of Kinesiology prepares graduates who can apply kinesiological principles to the acquisition, performance, and refinement of motor skills and to the use of physical activity as an educative tool and a medium for health promotion, personal well-being, and participation in an active lifestyle. The curriculum addresses human movement across the life span from biological/physical, behavioral, sociocultural, and humanistic perspectives, with attention given to the unique and common needs of all people in a wide variety of contexts and conditions.

In conjunction with the broader educational mission of the University, the kinesiology major program prepares students to lead and participate in a modern complex society and to assume multiple roles throughout their lifetimes. Graduates have acquired knowledge and experiences that prepare them to pursue lifelong learning,

advanced study, and/or careers in such areas as, coaching, allied health fields, health and fitness industries, sport industries, or exercise and movement science. To achieve this mission the kinesiology major provides students with a well-structured set of curricular and co-curricular experiences and the mentorship to derive a sound education from the University experience.

The Department of Kinesiology concentrations lead to the B.S. degree. In all concentrations, a core of courses are required. Beyond this core, the kinesiology student chooses a concentration of courses with a specific focus. The undergraduate may select, exercise science, lifetime physical activity, or interdisciplinary studies in kinesiology. Theoretical and practical learning experiences are an important part of all concentrations. Students are required to participate in a variety of field experiences.

Prior to beginning upper-division studies in Kinesiology, students should have acquired the knowledge and skills necessary for success. Courses with specific application to the kinesiology degree are included as support courses for the major. All students entering the upper-division kinesiology degree should

- Be able to utilize computing technology in support of inquiry;
- Demonstrate knowledge of a broad range of concepts, issues, facts, and theories derived from the biological, physical, behavioral, social sciences, and from the humanities;
- Demonstrate critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills; and
- Document experience in a variety of movement forms and fitness activities.

At the completion of the undergraduate degree all graduates should

- Demonstrate knowledge and skill in a broad variety of movement and fitness activities;
- Understand the biological/physical and behavioral bases of movement and the changes that occur across the life span, within diverse populations, and under a variety of environmental conditions;
- Understand the sociocultural and humanistic bases of movement with diverse cultures, historical periods, and social settings;
- Understand how motor skills are acquired and fitness achieved and maintained across the life span and within diverse populations;
- Understand the relationships among movement, conditioning and training, well-being, and skill across the life span and under a variety of environmental and personally unique conditions;
- Know how to apply kinesiological knowledge to enhance motor skill and fitness with a variety of populations and conditions;
- Apply critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills.

- ment skills to movement-related questions;
- Demonstrate knowledge of the conditions of safe practice in movement-related contexts across the life span and within diverse populations, and respond appropriately to common injuries occurring during physical activity;
  - Be able to use and apply kinesiological data collection techniques and measurement theory to assess, analyze, and evaluate human performance;
  - Understand the scientific method and other systematic ways of knowing relative to research and scholarship in human movement;
  - Demonstrate ability to integrate multidisciplinary knowledge of kinesiology in an applied, problem-solving context;
  - Be familiar with standards, ethics, and expectations of professional communities related to human movement;
  - Be prepared to engage in professionally related community activities;
  - Be prepared to engage in informed dialogue with diverse professional and lay communities regarding kinesiological principles and practices; and
  - Demonstrate additional in-depth knowledge and skills associated with study in any one of the concentrations, specializations, or emphases that are associated with kinesiology degrees.

## Bachelor of Science in Kinesiology

(See pages 181-182 for sample four-year programs.)

All majors in the Department of Kinesiology must complete the support courses and the major core courses. Each major selects a concentration in which to complete the major.

Degree Requirements	Units
General education (50, 15 units in major)	35
Major requirements	55
Support courses	17
General electives	9
Total units needed for graduation	120

All courses fulfilling either major or minor requirements in kinesiology must be graded A-F, except for courses not available in the A-F mode or courses that are challenged.

### Support Courses for the Bachelor of Science

These courses may be taken at a community college, and some may be used to fulfill general education requirements. Some of these courses are prerequisites to courses in the major. The SSU equivalent is listed in parentheses.

Human Anatomy (BIOL 220) (GE)	4
Human Physiology (BIOL 224) (GE)	4
Human Nutrition (BIOL 307)	3

Introduction to Computing (CS 101) (GE)	3
Foundations of Kinesiology (KIN 201)	3
<b>Total supporting units</b>	<b>17</b>
<b>Major Core Requirements (all concentrations)</b>	
KIN 301 Philosophy/History of Human Movement	4
KIN 305 Psychological Bases of Human Movement	4
KIN 315 Sociology of Sport	3
KIN 350 Biomechanics	4
KIN 360 Physiology of Exercise	4
KIN 410 Life Span Motor Development	3
KIN 460 Conditioning for Health and Performance	3
MATH 165 Elementary Applied Statistics (GE)	4
<b>Total units in the major core</b>	<b>29</b>

### Major Concentrations

Choose one of the required concentrations below to complete the major:

I. Exercise Science Concentration	26
II. Lifetime Physical Activity Concentration	23-28
III. Interdisciplinary Concentration	25-28
<b>Total units in a concentration</b>	<b>23-30</b>
<b>Total units in the major</b>	<b>52-59</b>

Several options are available to a student advancing toward a specific goal in the degree program. A student may select a pattern of courses in any one of the following concentrations.

#### I. Exercise Science Concentration

Students who have an interest in biomechanics or pre-physical therapy may select this concentration. It contains lower-division and upper-division courses beyond the core required of all majors and a set of courses specific to the subspecialty within the concentration.

CHEM 115A/B General Chemistry (GE)	10*
PHYS 209A/210A General Physics (GE)	4*
KIN 241/242 Emergency Response or Principles of Musculoskeletal Injuries	3
KIN 430D Field Experience	3
PSY 425 Psychopathology	4
BIOL Elective (department approval required)	3
<b>Total in the Exercise Science Concentration</b>	<b>27</b>
<b>Total units in the major</b>	<b>56</b>

\* Students planning to enter a master's degree or doctoral program in physical therapy may need to take additional units or courses to satisfy admission requirements to the programs. Check with the academic schools to which you plan to apply for specific requirements.

#### II. Lifetime Physical Activity Concentration

##### Fitness and Wellness Emphasis

Prepares individuals for careers in the allied fields of fitness, health, and wellness. Those who work with exercise must have an understanding of intra- and interpersonal aspects of exercise adherence, as well as knowledge of the structure and function of the human-body. They must know exercise physiology and the mechanics of human motion; and they must possess skills in planning and car-

rying out appropriate exercise programs and treatment regimes for the healthy individual who desires lifetime fitness goals, as well as for the individual with unique needs due to a developmental concern or musculoskeletal injury. This concentration incorporates coursework in philosophy, sociology, and psychology; exercise physiology and biomechanics of movement; adapted physical education and emergency / sports medicine; and health education, while providing opportunities for internships & field experiences.

KIN 241 Emergency Response	3
KIN 242 Principles of Musculoskeletal Injuries	3
KIN 426 Individualized Assessment and Program Design	4
KIN 430E Field Experience/Internship	3
KIN 442 Musculoskeletal Evaluation, Training, and Treatment	4
KIN 446 Exercise Instruction	3
<i>Electives: Choose a minimum of 2 courses (below)</i>	
KIN 404/404C Theory of Coaching	2-3
KIN 427 Individuals with Disabilities in Education and Recreation	3
BIOL 318 Biology of Aging	3*
BUS 150 Business and Society	3
GERN 300 Basic Gerontology	3*
PSY 408 Transitions in Adult Development	4
PSY 421 Psychology of Aging	4
SOCI 317 Emotions and Adult Life	3*
Total units in the emphasis	25-28
Total units in the major	54-57

#### **Coach Education Emphasis**

The Coach Education Emphasis serves students interested in coaching sports at the recreational, youth, high school and collegiate levels. As sports have become increasingly embedded in American culture (e.g. in education, family life), there is a need for reflective, informed coaches. This program provides opportunities for students to acquire the skills required to become an effective coach in recreational, youth, high school, and collegiate competitive sports.

KIN 241 Emergency Response	3
KIN 242 Principles of Musculoskeletal Injuries	3
KIN 403 Ethics, Inclusion, and Equity in Coaching	3
KIN 404/404C Theory of Coaching	2-3
KIN 420 or 422 Middle School or High School Physical Education	3-4
KIN 426 Individualized Assessment and Program Design	4
KIN 430E Field Experience	3
<i>Electives - choose a minimum of 1 course from the following:</i>	
KIN 427 Individuals with Disabilities in Education and Recreation	3
KIN 420 or 422 Middle School or High School Physical Education	3-4
KIN 442 Musculoskeletal Evaluation, Training, and Treatment	4
KIN 446 Exercise Instruction	3
KIN 316 Women in Sports	3
KIN 320 Curriculum, Pedagogy, and Assessment	3
KIN 308 and 309 Educational Gymnastics and Rhythms and Dance	2

#### **Physical Therapy Program Prerequisites**

Courses	SSU Course	UCSF	Samuel Merritt	UOP	Chapman	West Univ. of H.S.
General Physics	PHYS 209AB/210AB	R-8	R-8	R-8	R-8	R-8
General Chemistry	CHEM 115AB/116AB	R-10	R-8	R-8	F-8	F-8
Organic Chemistry	CHEM 335A	r-3				
H. Anatomy w/lab	BIOL 220	R-3	R-4	R-4	R-4	R-4
H. Physiology	BIOL 224		R-4	R-4	R-4	R-4
Bio Elective	BIOL 307, 318		R-3	R-4	R-6	
Microbiology/Cell Biology	BIOL 218/344	R-4		R-4		
Neuro Anatomy	PSY 451	r-4				
Ab Psych/Psych Dis	PSY 425/438	R-3				
General Psych	PSY 250, 302		R-3			
Psych Elective			R-3	R-3	R-6	
Sociology Elective				R-3		
Biomechanics	KIN 350	R-3	R-3			
Exercise Physiology	KIN 360	r-3	R-3			
Motor Learning/						
Motor Development	KIN 305/410	r-3				
Statistics	MATH 165	R-3	R-3		R-4	R-4
English Composition	ENGL 101	r-3			R-3	
Written/Oral Comm	HUM 200/ENGL 201			R-3		
Field Experience	KIN 430D	R-150	R			
GRE			R 1500/500R 1700/540			

*R=REQUIRED, r=recommended*

Total units in the emphasis	24-27
Total units in the major	53-56

### III. Interdisciplinary Concentration

In consultation with their advisors, students design a concentrated course of study or special emphasis track in preparation for a career goal. The concentration must be distinctly different from Kinesiology concentrations already offered. Areas of emphasis may include pre-Occupational Therapy and others.

Students, in consultation with their Kinesiology Interdisciplinary advisor, shall define and describe in writing the specific theme they would like their Interdisciplinary Concentration to be in and select a minimum of 24 units of coursework to fulfill program requirements. Courses in kinesiology and those offered by other departments are appropriate and may be applied to this track. A minimum of 3 units, and not more than 6 units, in Field Experience (KIN 430) and/or Special Studies (KIN 495) must be taken. The proposed study list must be signed by the student and advisor and submitted to the department chair for approval. A copy of the signed, approved study list is placed in the student's advising folder.

Total units in the concentration	25-28
Total units in the major	54-57

## Careers

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### Lifetime Physical Activity

Careers or certifications that require a baccalaureate degree

- Strength and Conditioning Specialist
- Certified Personal Trainer
- Health Fitness Instructor
- Exercise Specialist
- Coach

### Adapted Physical Education – Physical Education for Individuals with Disabilities

- Work in public schools, community recreation centers, hospitals and other clinical settings, community colleges (M.A. required), colleges, and universities;

### Exercise Science

- Physical Therapy
- Allied Health Careers

### Interdisciplinary

- Occupational Therapy

### Students Planning to Apply to a Graduate Program in Physical Therapy

Completing the Kinesiology degree with the Exercise Science concentration, pre-physical therapy option, will satisfy many of the course requirements (or recommendations) which are prerequisites for admission to a physical therapy program. While there are similarities across physical therapy programs, there are also differ-

ences from one graduate program to another. Students are urged to contact personally any graduate school they may wish to consider and request admission requirements. Information can be obtained from the American Physical Therapy Associate website:  
<http://www.apta.org>.

No single list of prerequisites can be totally complete and accurate. The list on the previous page summarizes current requirements for some programs in California, and the requirements are similar to other programs. It is suggested that you use the attached list as general guidelines until a specific school or schools are selected.

### Additional Considerations

- Plan on a minimum of three years beyond the bachelor's degree to complete a physical therapy program. Actual time varies by program.
- Find out if the Graduate Record Examination (GRE) is required and what minimum score is accepted.
- Strengthen your oral and written communication skills.
- Apply to several programs.
- Usually a 3.0 GPA is required; however, many schools actually use a 3.3 or higher GPA.
- Get extensive field experience, have excellent letters of recommendation, prepare a strong portfolio, and be prepared for a good interview.
- Some programs may not take less than a "B" in a prerequisite course; some will not accept a repeat grade if the original grade was a "C" or better.
- Many programs require that prerequisites be taken in the last 5-10 years; this varies from school to school.
- DO NOT take prerequisite courses for Cr/NC.
- Take elective courses in related fields, especially the biological sciences.
- Talk to physical therapists and other pre-pt students, and be active in the pre-health professions clubs on campus.

### Minor in Kinesiology (Currently Inactive)

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Students majoring in other disciplines may complete a minor in kinesiology to further their career goals. The minor requires a minimum of 22 units and includes a core of 14 to 15 units (required of all students) and a minimum of 7 to 8 units of electives. The minor in kinesiology may be desirable for credential candidates pursuing a second teaching area or a career in coaching; for management students entering sport/fitness businesses; for those involved in outdoor recreation programs; for students in performing arts desiring a physical education/dance background. Students pursuing a kinesiology minor must consult with a departmental advisor for program requirements. A copy of a signed approved study list is placed in the student's advising folder.

## **Minor Core Requirements**

KIN 201 Foundations of Kinesiology	3
<i>Choose one course from the following:</i>	
KIN 301 History and Philosophy of Human Movement (4) or KIN 315 Sociology of Sport <b>or</b> KIN 410 Lifespan Motor Development	3-4

*Choose two courses from the following:*

KIN 305 Psychological Bases of Human Movement	4
KIN 350 Biomechanics [ Prerequisite BIOL 220, Human Anatomy (4) ]	4
KIN 360 Physiology of Exercise [ Prerequisites CHEM 115A, General Chemistry (5) or CHEM 105 and BIOL 224, Human Physiology (4) ]	4
<b>Total units in the minor core</b>	<b>14-15</b>

## **Minor Options**

These courses are to be determined with and approved by a departmental advisor. They must be in kinesiology and may include a maximum of 3 units of field work and/or special studies.

<b>Total units in the minor option</b>	<b>7-8</b>
<b>Total units in the minor</b>	<b>22</b>

## **Master of Arts in Kinesiology**

*\*Note: Not accepting any new applicants*

The Master of Arts degree program is oriented toward professional training for those interested in obtaining terminal degrees in areas such as teaching, coaching, adult fitness, and rehabilitation. The program emphasizes a common core/knowledge base, the interdisciplinary nature of kinesiology, a focus on applied professionals, and a culminating experience that is individualized to meet each student's professional needs and interests.

At the completion of the program all graduates will

- Demonstrate knowledge of basic principles and an understanding of the current research in the field of kinesiology;
- Apply critical thinking, writing, reading, oral communication, quantitative and qualitative analysis, and information management skills to movement-related questions;
- Understand the scientific method and other systematic ways of knowing relative to research and scholarship in human movement;
- Develop a sense of responsibility to and for the profession and be professionally involved at the local, state, and/or regional levels; and
- Be prepared to engage in informed dialogue with diverse professional and lay communities regarding kinesiological principles and practices.

## **M.A. Core Requirements**

KIN 500 Research Design	3
KIN 502 Research Design	3
KIN 505 Seminar in Psycho-Social Bases of Human Movement	3
KIN 550 Seminar in Biomechanics	3
KIN 560 Advanced Physiology of Exercise	3
KIN 590 Graduate Internship	3
KIN 599 Culminating Project	3

**Total units in the M.A. core** **21**

## **M.A. Electives**

In consultation with and receiving approval from an advisor, select an additional 9-unit study plan. For example, a student who wishes to pursue an emphasis in sport pedagogy might select from the following list of electives:

KIN 521 Curriculum Design & Analysis in Physical Education	3
KIN 522 Research and Issues in Physical Education Teacher Education	3
EDSS 444 Teaching in the Content Area (Physical Education)	3
EDCT 558 Educational Technology and Classroom	3
EDCT 560 Instructional Design and Technology	3

**Total units in M.A. electives** **9**

**Total units in the M.A. degree** **30**

The Department of Kinesiology offers the M.A. in Kinesiology via the culminating project in which graduate students choose from the following options: project, thesis, scholarly article, business/curriculum plan, clinical project, and a research component of a larger sponsored project. In so doing, graduate students are offered an array of options that are individualized to their specific professional needs. Students selecting the thesis option must complete an approved statistics course as a prerequisite.

## **Admissions Procedures**

Students must apply to the University through the Office of Admissions and Records and must complete a separate application to the Kinesiology Department. Applicants must:

1. Apply to the Office of Admissions to be admitted to graduate status in the University. The application must include the following:
  - a. Two sets of transcripts of all college work; and
  - b. Certification of a B.S. degree or the equivalent with a 3.0 GPA in the last 60 units of college work.
2. Apply to the Department of Kinesiology for admission to the Master's Degree Program in Kinesiology. This application should be sent directly to the Department of Kinesiology, Attn: Graduate Studies Coordinator. The Kinesiology Department Application requires:
  - a. Kinesiology Department Graduate Application (available at <http://www.sonoma.edu/kinesiology/docs/applicationma.pdf>);
  - b. Personal statement articulating the applicant's academic

- and professional goals;
- c. Official transcripts from **all** undergraduate and graduate institutions; and
  - d. Two letters of recommendation.

Electronic submission of application is preferred, e.g. of application, letters of recommendation, personal statement and unofficial copy/scan of transcripts (pending arrival of official transcripts).

Students may be admitted as conditionally classified or classified graduate students. The procedures for each are as follows:

### **Conditionally Classified Graduate**

Application for students interested in pursuing a master's degree in kinesiology will be forwarded to the department for consideration. Students who have degrees in other areas of study must make up deficiencies in undergraduate areas: descriptive statistics, biomechanics, psychological basis of human movement, and physiology of exercise. Only one (up to 4 units) of these courses may be counted toward the M.A. degree. Completion of WEPT required.

The graduate coordinator serves as advisor to all conditionally classified graduate students until the students select a major advisor and advance to classified graduate status.

### **Classified Graduate**

Classified graduate students are those who have completed all admissions requirements and undergraduate course work and have been admitted to the University and the master's degree program in the Department of Kinesiology.

Please see the Degree Requirements section in this catalog for postbaccalaureate degree requirements.

### **Advancement to Candidacy for the M.A. Degree**

The Advancements to Candidacy form (GS01) describes the culminating project and verifies that the student has met the Writing Proficiency Requirement. This form must be approved by all members of the student's project committee and the department graduate coordinator before being forwarded to the Associate Vice President for final review and approval prior to granting of the M.A. degree

## **Sample Four-year Program for Bachelor of Science in Kinesiology, Exercise Science Concentration**

### **LOWER-DIVISION PREPARATION**

#### **FRESHMAN YEAR: 30 Units**

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (15 Units)</i>
BIOL 110 (4)	CHEM 115A (5)
CS 101 (3)	MATH 165 (4)
GE (8)	GE (6)

#### **SOPHOMORE YEAR: 30 Units**

<i>Fall Semester (16 Units)</i>	<i>Spring Semester (14 Units)</i>
BIOL 220 (4)	KIN 201 (3)
CHEM 115B (5)	PHYS 209A/210A (4)
Nutrition (3)	BIOL 224 (4)
GE (4)	GE (3)

### **UPPER-DIVISION SPECIALIZATION**

#### **JUNIOR YEAR: 30 Units**

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (15 Units)</i>
KIN 241/242 (3)	KIN 360 (4)
KIN 301 (4)	KIN 315 (3)
PHYS 209B/210B (4)	GE (4)
GE (4)	UD GE (4)

#### **SENIOR YEAR: 30 Units**

<i>Fall Semester (14 Units)</i>	<i>Spring Semester (16 Units)</i>
KIN 305 (4)	KIN 430D (3)
KIN 350 (4)	KIN 460 (3)
KIN 410 (3)	PSY 425 (4)
UD GE (3)	UD GE (E) (3)
	Elective (3)

**TOTAL UNITS: 120**

**Sample Four-year Program for Bachelor of Science  
in Kinesiology, Lifetime Physical Activity  
Concentration, Fitness and Wellness Emphasis**

**LOWER-DIVISION PREPARATION**

**FRESHMAN YEAR: 30 Units**

<i>Fall Semester (14 Units)</i>	<i>Spring Semester (16 Units)</i>
BIOL 115 (3)	CHEM 105 (5)
Math 165 (4)	GE (11)
CS 101 (3)	
GE (4)	

**SOPHOMORE YEAR: 31 Units**

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (16 Units)</i>
BIOL 220 (4)	KIN 201 (3)
Nutrition (3)	BIOL 224 (4)
GE (8)	KIN 242 (3)
	GE (6)

**UPPER-DIVISION SPECIALIZATION**

**JUNIOR YEAR: 30 Units**

<i>Fall Semester (14 Units)</i>	<i>Spring Semester (16 Units)</i>
KIN 301(4)	KIN 360 (4)
KIN 315 (3)	KIN 410 (3)
KIN 241 (3)	F&W Elective (3)
KIN 426 (4)	F&W Elective (3)
	UD GE (3)

**SENIOR YEAR: 29 Units**

<i>Fall Semester (12 Units)</i>	<i>Spring Semester (17 Units)</i>
KIN 350 (4)	KIN 305 (4)
KIN 430E (3)	KIN 460 (3)
Elective (2)	KIN 442 (4)
UD GE (3)	KIN 446 (3)
	UD GE (3)

**TOTAL UNITS: 120**

**Sample Four-year Program for Bachelor of Science  
in Kinesiology, Lifetime Physical Activity  
Concentration, Coach Education Emphasis**

**LOWER-DIVISION PREPARATION**

**FRESHMAN YEAR: 30 Units**

<i>Fall Semester (14 Units)</i>	<i>Spring Semester (16 Units)</i>
BIOL 115 (3)	CHEM 105 (5)
Math 165 (4)	GE (11)
CS 101 (3)	
GE (4)	

**SOPHOMORE YEAR: 31 Units**

<i>Fall Semester (15 Units)</i>	<i>Spring Semester (16 Units)</i>
BIOL 220 (4)	KIN 201 (3)
Nutrition (3)	BIOL 224 (4)
GE (8)	KIN 242 (3)
	GE (6)

**UPPER-DIVISION SPECIALIZATION**

**JUNIOR YEAR: 26-28 Units\***

<i>Fall Semester (13-14 Units)</i>	<i>Spring Semester (13-14 Units)</i>
KIN 301(4)	KIN 360 (4)
KIN 315 (3)	KIN 410 (3)
KIN 404 (2-3)	KIN 420 or 422 (3-4)
Elective (4)	UD GE (3)

**SENIOR YEAR: 29-31 Units\***

<i>Fall Semester (12-14 Units)</i>	<i>Spring Semester (17 Units)</i>
KIN 350 (4)	KIN 305 (4)
KIN 430E (3)	KIN 460 (3)
CE Elective (2-4)	KIN 403 (3)
UD GE (3)	KIN 426 (4)
	UD GE (3)

**TOTAL UNITS: 120**

\* If all minimum units are chosen, 4 more units will be required for the University 120 unit Degree Requirement.