












2024 - 2025 Major Map

Kinesiology, BS

School/College: College of Health Solutions
NUKINBS

Term 1 0 - 14 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CHS 101: The ASU Experience for Health Solutions Students	1		<ul style="list-style-type: none"> ASU 101 or college-specific equivalent First-Year Seminar required of all first-year students. College of Health Solutions students take CHS 101 to fulfill this requirement. First-year students must complete CHS 100; students who enter the major with more than 30 hours may complete CHS 300 instead. Students who did not test into MAT 170 should take MAT 117 as an elective in term 1.
 KIN 101: Introduction to Kinesiology	3	B-	
BIO 181: General Biology I (SCIT OR SQ)	4	C	
CHS 100: Optimizing Your Health and Performance (SOBE OR SB) OR CHS 300: An Exploration of Well-Being (SOBE OR SB)	3	C	
ENG 101 or ENG 102: First-Year Composition OR			
ENG 105: Advanced First-Year Composition OR	3	C	
ENG 107 or ENG 108: First-Year Composition			
Term hours subtotal:	14		

Term 2 14 - 31 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CHM 113: General Chemistry I (SCIT OR SQ)	4	C	<ul style="list-style-type: none"> Visit the CHS website for current student resources including forms and policies, advising appointment scheduling, internship information, and more. Students interested in applying to a graduate professional school should review program admission requirements and meet with a pre-health advisor for course planning. Join a student club or professional organization.
 MAT 170: Precalculus (MATH OR MA)	3	C	
BIO 182: General Biology II (SCIT OR SG)	4	C	
ENG 101 or ENG 102: First-Year Composition OR			
ENG 105: Advanced First-Year Composition OR	3	C	
ENG 107 or ENG 108: First-Year Composition			
PSY 101: Introduction to Psychology (SOBE OR SB)	3	C	
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	17		

Term 3 31 - 45 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 BIO 201: Human Anatomy and Physiology I (SCIT OR SG)	4	C	<ul style="list-style-type: none"> Check your degree progress and learn to run your Graduation Audit (DARS). Secure a part-time job or volunteer experience. In order to be successful in upper division Kinesiology coursework, a minimum 3.00 cumulative ASU GPA is required.
 CHM 116: General Chemistry II (SCIT OR SQ)	4	C	
HCD 300: Biostatistics (QTRS OR CS) OR PSY 230: Introduction to Statistics (QTRS OR CS) OR STP 226: Elements of Statistics (QTRS OR CS)	3	C	
Humanities, Arts and Design (HUAD)	3		
 Minimum 3.00 GPA ASU Cumulative.			
Complete First-Year Composition requirement.			
Complete Mathematics (MATH) requirement.			
Term hours subtotal:	14		

Term 4 45 - 59 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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❖ BIO 202: Human Anatomy and Physiology II (SCIT OR SG)	4	C
KIN 290: Introduction to Evidence-Based Practice (L)	3	C
PHY 111: General Physics (SCIT OR SQ) AND PHY 113: General Physics Laboratory (SCIT OR SQ)	4	C
Sustainability (SUST)	3	
❖ Minimum 3.00 GPA ASU Cumulative.		
Term hours subtotal:	14	

- Review **scholarship renewal criteria** to ensure adequate enrollment.
- Explore an **internship**.

Term 5 59 - 75 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ KIN 345: Motor Behavior	3	C	
★ KIN 352: Psychosocial Aspects of Physical Activity (SOBE OR SB & C)	3	C	
CHM 233: General Organic Chemistry I AND CHM 237: General Organic Chemistry Laboratory I OR MIC 205: Microbiology (SCIT OR SG) AND MIC 206: Microbiology Laboratory (SCIT OR SG) OR PHY 112: General Physics (SCIT OR SQ) AND PHY 114: General Physics Laboratory (SCIT OR SQ)	4	C	
American Institutions (AMIT)	3		
Global Communities, Societies and Individuals (GCSI)	3		
Term hours subtotal:	16		

- Develop your professional **online presence**.
- Thinking about graduate school? Consider registering for a grad school **test prep course**.
- All CHS students must complete a minimum of three credits of experiential learning. Select a course from the list at bottom of major map to take in Term 6 and visit the **CHS website** for more information.
- Admissions to health profession graduate schools is very competitive. Students should research pre-requisite coursework and recommended GPA minimums for their desired programs.
- Meet with a **pre-health advisor** for application planning.

Term 6 75 - 90 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ KIN 335: Biomechanics	3	C	
★ KIN 340: Physiology of Exercise	3	C	
MED 320: Applied Medical/Health Care Ethics (HUAD OR HU)	3	C	
Experiential Learning Course	3	C	
Governance and Civic Engagement (CIVI)	3		
Term hours subtotal:	15		

- Select an experiential learning course from the list at the bottom of the major map and visit the **CHS website** for more information on opportunities specific to your major.
- Students who use an Upper Division Major Elective to fulfill the experiential learning requirement will need to complete an additional three credit elective.
- Gather **professional references**.

Term 7 90 - 105 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ KIN 334: Functional Anatomy and Kinesiology	3	C	
PSY 366: Psychological Disorders (SOBE OR SB)	3	C	
Complete 3 courses: Upper Division Major Elective	9	C	
Term hours subtotal:	15		

- Select three Upper Division Major Electives from the list at the bottom of the major map.
- Admissions to health profession graduate schools is very competitive. Students should research pre-requisite coursework and recommended GPA minimums for their desired programs.

Term 8 105 - 120 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ Complete 4 courses: Upper Division Major Elective	12	C	
Upper Division Elective	3		
Term hours subtotal:	15		

- Select four Upper Division Major Electives from the list at bottom of major map.

- Students can apply the CHS 394 CHS Peer Instructional Facilitator and CHS 494 Advanced Undergraduate Teaching Assistant courses toward the Major Elective requirement once each for a maximum of six credits total. Additional completions beyond six credits will apply as upper division electives.
- Students can apply internship, honors study/thesis, and individualized instruction courses toward the Major Elective requirement for a maximum of six credits total. Additional completions beyond six credits will apply as upper division electives.
- CHS students are required to complete a minimum of three credits of experiential learning coursework. A list of recommended courses is at the bottom of the major map. The [CHS website](#) also has up to date information on opportunities to fulfill this requirement, including research and internships, that are relevant to each major. Students should contact their academic advisor with any questions.
- Students who use an upper division Major Elective to fulfill the experiential learning requirement will need to complete an additional three credit upper division elective.

Hide Course List(s)/Track Group(s)

Major Electives	Experiential Learning Course
CHS 394: CHS Peer Instructional Facilitator	The following courses are the most relevant for your major, but other options may be possible. See your advisor.
CHS 400: Adaptive Exercise Program Practical Experience	
CHS 492: Honors Directed Study	
CHS 493: Honors Thesis (L)	CHS 280: Experiential Community Health and Research
CHS 494: Advanced Undergraduate Teaching Assistant	CHS 394: CHS Peer Instructional Facilitator
CHS 494: Undergraduate Research	CHS 400: Adaptive Exercise Program Practical Experience
CHS 499: Individualized Instruction	CHS 484: Applied Health Experience
EXW 426: Exercise for Neuromuscular Conditions (L)	CHS 484: Citizen Science in Health
EXW 427: Exercise Prescription for Cardiometabolic Health	CHS 484: Translational Research
HCR 471: Interprofessional Education and Community Health	CHS 493: Honors Thesis (L)
HCR 472: Interprofessional Education and Complex Health	CHS 494: Advanced Undergraduate Teaching Assistant
HCR 473: Interprofessional Education and Comprehensive Systems Health	CHS 494: Undergraduate Research
KIN 348: Psychological Skills for Optimal Performance (SOBE OR SB)	HCR 471: Interprofessional Education and Community Health
KIN 412: Biomechanics of the Skeletal System	KIN 484: Internship
KIN 413: Qualitative Analysis in Sport Biomechanics	MED 494: Introduction to Clinical Healthcare
KIN 414: Electromyographic Kinesiology (L)	
KIN 415: Theory of Corrective Exercise	

KIN 416: Low Back Pain: Muscles and Movement

KIN 418: Experimental Neuromechanics (L)

KIN 422: Motor Control in Special Populations (L)

KIN 424: Neural Aspects of Movement and Rehabilitation

KIN 440: Exercise Biochemistry

KIN 441: Physiology of Women in Sport (L)

KIN 442: Fuel Metabolism

KIN 443: Exercise Endocrinology (L)

KIN 444: Metabolic Adaptations to Exercise Training

KIN 447: ECG Interpretation

KIN 450: Biopsychosocial Perspectives on Physical Activity and Health

KIN 452: Exercise Psychology (SOBE OR SB)

KIN 454: Motivational Theory in Exercise and Health

KIN 460: Theory of Strength Training (L)

KIN 465: Muscle Physiology

KIN 466: Cardiovascular Exercise Physiology

KIN 484: Internship

RTH 364: Foundations in Recreational Therapy (SOBE OR SB)

RTH 384: Recreational Therapy Practicum

SSP 316: Exercise and Sport Physiology Laboratory

SSP 494: Sports Medicine

- **Total Hours:** 120
- **Upper Division Hours:** 45 minimum
- University Undergraduate Graduation Requirements

Notes:

Mathematics Placement Assessment score determines placement in first mathematics course.

Students interested in applying to Physical Therapy graduate programs should major in Kinesiology.

General Studies designations listed next to courses on the major map were valid for the 2024 - 2025 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.