

Five-Year Roadmap for Beach EDGE

Year 1 – Semester 1

English Composition (A2 prior 2025; 1A post 2025), 3 units

Math 113 Precalculus (B4 prior 2025; 2 post 2025), 3 units

KIN 201 Intro to KIN, 3 units

Arts (C1 prior 2025; 3A post 2025), 3 units

Ethnic Studies (F pre 2025; 6 post 2025), 3 units

15 units

Year 1 – Semester 2

Critical Thinking (A3 prior 2025; 1B post 2025), 3 units

Biol 207 Human Physiology (B2/B3 pre 2025; 5B/5C post 2025), 4 units

Humanities (C2 prior 2025; 3B post 2025), 3 units

U.S. History (D1 pre 2025; 4A post 2025), 3 units

KIN 263 Techniques of Physical Fitness, 2 units

15 units (30 units)

Year 2 – Semester 3

Oral Comm (A1 prior 2025; 1C post 2025), 3 units

Biol 208 Human Anatomy, 4 units

PHYS 100A General Physics (B1/B3 pre 2025; 5A/5C post 2025), 4 units

Physical Activity 1-unit course, 1 unit

General Elective (3 units)

15 units (45 units)

Year 2 – Semester 4

KIN 301 Exercise Physiology, 3 units

KIN 312 Motor Control & Learning, 3 units,

Constitution and American Ideals (D2 pre 2025; 4B post 2025), 3 units

PSY 100 General Psychology (D3 pre 2025; 4C post 2025), 3 units

NUTR 132 Introductory Nutrition (B2, E), 3 units

15 units (60 units)

Year 3 – Semester 5

KIN 300 Biomechanics (UDB/UD2,UD5), 3 units

CHEM 111A General Chemistry (B1/B3 pre 2025; 5A/5C post 2025), 5 units

KIN 339 Psych of Sport Behavior (UDD/UD4), 3 units

General Elective, 3 units

14 units (74 units)

Year 3 – Semester 6

KIN 332 Sociocultural Dimensions (writing intensive), 3 units

KIN 302 Structural Kinesiology or KIN 462 Strength & Conditioning, 3 units

Upper Division GE (UDC/UD3), 3 units

KIN Elective from approved list, 3 units

General Elective, 3 units

15 units (89 units)

Apply to Beach EDGE this year.

Year 4 – Semester 7

KIN 405, Applied Exercise Physiology in Training & Nutrition for Health & Fitness, 4 units

KIN 551 Advanced Exercise Physiology (replaces 3 units of KIN/other electives), 3 units

KIN 696 Research Methods (replaces BIOL 260/KIN483), 3 units

Exercise Science Upper Division Elective, 3 units

General Elective, 3 units

16 units (105 units)

6 graduate units

Year 4 – Semester 8

KIN 530 Neuromotor Control (replaces KIN 430), 3 units

KIN 541 Applied Biomechanics (replaces KIN 441), 3 units

Exercise Science Upper Division Elective, 3 units

Exercise Science Upper Division Elective, 3 units

General Elective, 3 units

15 units (120 units)

6 graduate units (12 units)

Year 5 – Semester 9

Exercise Science Graduate Elective, 3 units

Exercise Science Graduate Elective or KIN 698 Project/Thesis, 3 units

Exercise Science Graduate Elective or KIN 698 Project/Thesis, 3 units

9 graduate units (21 units)

Year 5 – Semester 10

Exercise Science Graduate Elective, 3 units

Exercise Science Graduate Elective or KIN 698 Project/Thesis, 3 units

Exercise Science Graduate Elective or KIN 698 Project/Thesis, 3 units

9 graduate units (30 units)

Year 6 – Semester 11

Exercise Science Graduate Elective or KIN 698 Project/Thesis, 3 units

Exercise Science Graduate Elective or KIN 698 Project/Thesis, 3 units

6 graduate units (36 units)