# Department of Kinesiology

Sample 4-Year Schedule for Kinesiology Majors

<table>
<thead>
<tr>
<th>Class</th>
<th>Fall Term (F)</th>
<th>Spring Term (S)</th>
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</thead>
<tbody>
<tr>
<td>Frosh</td>
<td>CSP Seminar, Chemistry 120 or 130, Math 110 or 114 OR Biology 110, 115 or 130</td>
<td>CSP Seminar, Chemistry 240, Math 120 or 128 OR Biology 110 or 130 Psychology 101*</td>
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<td></td>
<td>Core/Language</td>
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<tr>
<td>Sophomore</td>
<td>Human Anatomy, KINE 300, Math 110 or 114 OR Biology 110, 115 or 130, X</td>
<td>Human Anatomy, KINE 301, Math 120 or 128 OR Biology 110 or 130, X or KINE Elective</td>
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<td></td>
<td>Core/Language</td>
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<tr>
<td>Junior</td>
<td>X or Human Physiology, KINE 304, Physics 110 or 115, Motor Learning/Control, KINE 310, X or KINE Elective</td>
<td>X or Human Physiology, KINE 304, Biomechanics, KINE 302, Core/Language, X or KINE Elective</td>
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<tr>
<td>Senior</td>
<td>Exercise Physiology, KINE 305, X or KINE Elective, X</td>
<td>Senior Seminar, KINE 490, X or KINE Elective, X</td>
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</table>

The X in the above schedule represents a slot where you can insert a cultural, fine arts, pre-1800, elective, kinesiology elective, additional course within the major and/or courses needed for graduate or professional school preparation. *Psychology 101* (Introduction to Psychology) is open to freshman and sophomores only. Even sophomores have a difficult time enrolling so please focus on including this class in your 4-year plan during your first year.

**Note 1:** All kinesiology majors must complete Kinesiology 300, 301, 302, 304, 305, 310, and 490.

**Note 2:** Although Human Anatomy 300 and 301 are not required to be taken in sequence it is recommended.

**Note 3:** All kinesiology majors must also complete at least one additional Kinesiology elective course from the following group: Kinesiology 201 (S), 210 (S), 299 (F), 306 (F), 308 (S), 309 (S), or 311 (F, S).

**Note 4:** All kinesiology majors are strongly encouraged to consider research (298) and internship (396) opportunities after the completion of their first semester at Oxy.

**Note 5:** Kinesiology students who are interested in studying abroad should plan to do so in the spring semester of their junior year.
**Additional Considerations:**

1. **CORE Requirements.** Through the Core Program, Occidental students take two Cultural Studies Program seminars; a lab science; two additional mathematics and/or science courses; courses that study diversity in the U.S., the interconnectedness of global cultures, and a region of the world other than the U.S.; and courses that look at human history before 1800 and the fine arts. The Core Program is usually satisfied in 8-12 courses taken during the student’s first three years at Occidental.

2. Students need the following to graduate:
   - At least **128 units of credit** (no more than 64 can be transfer units)
   - A cumulative **GPA of at least 2.0**, both overall and in the major
   - Satisfaction of all **Core Requirements**
   - Completion of a **major** and its requirements, including Comps

3. Criteria for receiving Honors in Kinesiology:
   - College GPA of ≥ 3.25
   - Kinesiology GPA of ≥ 3.50 in your upper division kinesiology courses
   - Perform independent research (this doesn’t include Senior Seminar 490)
   - Write a research paper or present findings at a conference (e.g., Undergraduate Summer Research Conference, Southern California Conference of Undergraduate Research (SCCUR), Southwest American College of Sport Medicine Conference)

4. Students interested in Physical Therapy are encouraged to contact Professor Kirk Bentzen (kbentzen@oxy.edu)

5. Students interested in other health related professions, other than Physical Therapy, are encouraged to make an appointment with the Director of the Office of Pre-Health Advising, Angela Wood (awood@oxy.edu), within their first couple of semesters at Occidental.

6. Students interested in pursuing an advanced degree in Public Health should contact Heng Lam Foong (foong@oxy.edu)

7. Pre-health course requirements:

   Students planning on going to **Physical Therapy** school should take:
   - 2 semesters of Chemistry
   - 2 semesters of Physics
   - 2 semesters of Biology
   - 1 semester of Statistics
   - 1 semester of Human Anatomy
   - 1 semester of Human Physiology
   - Psych 101 and at least 2 upper division Psychology courses

   Students planning on going to **Medical** school should take:
   - 4 semesters of Chemistry
   - 2 semesters of Physics
   - 2 semesters of Biology
   - 2 semesters of Math (1 semester must be Statistics)
   - 1 semester of Biochemistry
Additional pre-health academic recommendations can be found on the pre-health advising website: http://www.oxy.edu/pre-health-advising/academic-preparation