## BS IN KINESIOLOGY (ATHLETIC ADMINISTRATION)

Units required for Major. 60
Total units required for BS: 120

## Program Description

The Bachelor of Science degree in Kinesiology provides students with a multi-disciplinary approach to the study of human movement, a strong foundation in the natural and social sciences, and the knowledge and skills necessary to prepare students for careers in fields such as physical education, athletic coaching, athletic administration, corporate or commercial wellness, older adult fitness, athletic training, and other physical activity related professions.

The BS in Kinesiology offers five concentrations designed to meet students' specific academic needs and career interests in the areas of Physical Education Teacher Education, Athletic Coaching Education, Athletic Administration, Physical Activity and Wellness, and Athletic Care.

The Athletic Administration Concentration helps prepare students for future careers in the business of sports at the amateur, collegiate, and professional levels. The curriculum provides students with knowledge in the multiple sub-disciplines of Kinesiology as well as foundational business skills and hands-on experience in one or more areas of sport management including leadership, marketing, law, finance, and event planning. Students will also develop stronger communication, critical thinking, and problem-solving skills.

Note: Additional units may be required to meet the Sacramento State foreign language requirement.

## Minimum Grade Requirement

All courses listed must be completed with a grade of " C " or better.

## Program Requirements

| Code | Title | Units |
| :--- | :--- | ---: |
| Required Lower Division (8 Units) |  |  |
| BIO 25 | Human Anatomy and Physiology I | 4 |
| BIO 26 | Human Anatomy and Physiology II | 4 |
| Required Upper Division (23 Units) |  |  |
| KINS 101 | Kinesiology: Research and Practice | 2 |
| KINS 134 | History and Philosophy of Physical Education and | 3 |
|  | Sport |  |
| KINS 137 | Sociology Of Sport | 3 |
| KINS 138 | Sport Pedagogy | 3 |
| KINS 150 | Exercise and Sport Physiology | 3 |
| KINS 151D | Applied Kinesiology and Biomechanics | 3 |
| KINS 158 | Motor Learning and Control | 3 |
| KINS 160 | Sport and Exercise Psychology | 3 |
| Concentration Requirements (28-29 Units) |  |  |
| Select one of the following five areas of concentration: | 28 |  |

[^0]Physical Activity and Wellness
Physical Education Teacher Education
Sport Management

| Total Units |  | 59-60 |
| :---: | :---: | :---: |
| Concentration in Athletic Administration (29 Units) |  |  |
| Code | Title | Units |
| Required Concentration Courses (11 Units) |  |  |
| KINS 139 | Leadership and Communication | 3 |
| KINS 161 | Theory of Sport and Fitness Management | 3 |
| KINS 165 | Theory of Coaching | 3 |
| KINS 194D | Assigned Field Experience in Coaching ${ }^{1}$ | 2 |
| Electives (18 Units) |  |  |
| Select six from | e following: | 18 |
| Courses in Leadership and Communication |  |  |
| COMS 103 | Presentational Speaking in the Organization |  |
| COMS 179 | Media, Sports, and Society |  |
| COMS 119 or HROB | Conflict Resolution Through Communication 5 Conflict Management and Negotiation |  |
| KINS 121 | Peak Performance Through Psychological Skills |  |
| KINS 166 | Ethics, Inclusion and Equity in Coaching |  |
| RPTA 32 | Leadership and Group Development |  |
| Courses in Development, Budgeting and Fundraising |  |  |
| RPTA 60 | Budgeting for Recreation Services |  |
| RPTA 163 | Grant Writing for Social, Community and Human Service Organizations |  |
| RPTA 164 | Leadership and Fundraising for Non-profit Organizations |  |
| RPTA 166 | Administration in Recreation, Parks and Tourism |  |
| Courses in Marketing |  |  |
| MKTG 101 | Principles Of Marketing |  |
| MKTG 140 | Sports Marketing |  |
| RPTA 183 | Marketing Recreation Services |  |
| Courses in Event Planning and Programming |  |  |
| RPTA 105 | Management in Recreation, Parks and Tourism |  |
| RPTA 106 | Introduction to Inclusive Recreation and Recreation Therapy |  |
| RPTA 130 | Community Sport Programming |  |
| RPTA 132 | Campus Recreation |  |
| RPTA 136 | Program and Event Planning in Recreation, Parks and Tourism |  |
| RPTA 139 | Conference and Meeting Planning |  |
| RPTA 165 | Volunteer Management in Nonprofit, Service, or Community Organizations |  |

## Total Units

1 Students will receive 2 units of credit for KINS 194D.

## General Education Requirements ${ }^{\text {' }}$

| Code Title | Units |
| :--- | ---: |
| Area A: Basic Subjects (9 Units) |  |
| A1 - Oral Communication | 3 |
| A2 - Written Communication | 3 |


| A3-Critical Thinking | 3 |
| :---: | :---: |
| Area B: Physical Universe and Its Life Forms (9 Units) |  |
| B1-Physical Science | 3 |
| B2 - Life Forms | 3 |
| B3 - Lab (Note: Lab experience to be taken with one of the following: $\mathrm{B} 1, \mathrm{~B} 2 \text { or } \mathrm{B} 5)^{2}$ | 0 |
| B4-Math Concepts | 3 |
| B5 - Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area \& upper division requirements. ${ }^{2}$ | 0 |
| Area C: Arts and Humanities (12 Units) |  |
| C1-Arts | 3 |
| C2-Humanities | 3 |
| C1/C2 - Area C Course | 3 |
| C1/C2 - Area C Course - Take upper-division course to complete Area \& upper division requirements. | 3 |
| Area D: The Individual and Society (9 Units) |  |
| Area D Course | 3 |
| Area D Course | 3 |
| Area D Course - Take upper-division course to complete Area \& upper division requirements. | 3 |
| Area E: Understanding Personal Development (3 Units) |  |
| Area E Course | 3 |
| Area F: Ethnic Studies (3 Units) |  |
| Area F Course | 3 |
| Total Units | 45 |
| 1 To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (http:// catalog.csus.edu/colleges/academic-affairs/general-education/). <br> Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (http://www.csus.edu/acad/), by phone (916) 278-1000, or email (advising@csus.edu). |  |
| Graduation Requirements ${ }^{1}$ |  |
| Code Title Un |  |
| Graduation Requirements (required by CSU) (6 Units) |  |
| American Institutions: U.S. History | 3 |
| American Institutions: U.S. Constitution \& CA Government | 3 |
| Writing Intensive (WI) ${ }^{2}$ | 0 |
| Graduation Requirements (required by Sacramento State) (12 Units) |  |
| English Composition II | 3 |
| Race and Ethnicity in American Society (RE) | 3 |
| Foreign Language Proficiency Requirement ${ }^{2}$ | 6 |

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Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (http://www.csus.edu/acad/), by phone (916) 278-1000, or email (advising@csus.edu). in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here:https://www.csus.edu/ college/arts-letters/world-languages-literatures/foreign-languagerequirement.html


[^0]:    Athletic Care
    Athletic Coaching Education

