

# BS IN KINESIOLOGY (ATHLETIC ADMINISTRATION)

Degree Roadmaps (2YR ([https://www.csus.edu/academic-affairs/curriculum-workflow/\\_internal/\\_documents/program-road-maps/hhs\\_2yr/kinesiology-athletic-admin\\_transfer-roadmap-2024-25.pdf](https://www.csus.edu/academic-affairs/curriculum-workflow/_internal/_documents/program-road-maps/hhs_2yr/kinesiology-athletic-admin_transfer-roadmap-2024-25.pdf)))  
(4YR ([https://www.csus.edu/academic-affairs/curriculum-workflow/\\_internal/\\_documents/program-road-maps/hhs\\_4yr/kinesiology-athletic-administration\\_4-year-roadmap-2024-25.pdf](https://www.csus.edu/academic-affairs/curriculum-workflow/_internal/_documents/program-road-maps/hhs_4yr/kinesiology-athletic-administration_4-year-roadmap-2024-25.pdf)))

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
<b>Required Lower Division (8 Units)</b>		
BIO 25	Human Anatomy and Physiology I	4
BIO 26	Human Anatomy and Physiology II	4
<b>Required Upper Division (23 Units)</b>		
KINS 101	Kinesiology: Research and Practice	2
KINS 134	History and Philosophy of Physical Education and Sport	3
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
	-
	29
Athletic Care	
Athletic Coaching Education	
Physical Activity and Wellness	
Physical Education Teacher Education	
Sport Management	
<b>Total Units</b>	<b>59-60</b>

### Concentration in Athletic Administration (29 Units)

Code	Title	Units
<b>Required Concentration Courses (11 Units)</b>		
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 <sup>1</sup>	2
<b>Electives (18 Units)</b>		
Select six from the following:		18
<i>Courses in Leadership and Communication</i>		
COMS 103	Presentational Speaking in the Organization	
COMS 179	Media, Sports, and Society	
COMS 119	Conflict Resolution Through Communication	
	or HROB 155 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	
<i>Courses in Development, Budgeting and Fundraising</i>		
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	
<i>Courses in Marketing</i>		
MKTG 101	Principles Of Marketing	
MKTG 140	Sports Marketing	
RPTA 183	Marketing Recreation Services	
<i>Courses in Event Planning and Programming</i>		
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	
<b>Total Units</b>		<b>29</b>

<sup>1</sup> Students will receive 2 units of credit for KINS 194D.

## General Education Requirements <sup>1</sup>

Code	Title	Units
<b>Area A: Basic Subjects (9 Units)</b>		
A1 - Oral Communication		3
A2 - Written Communication		3
A3 - Critical Thinking		3
<b>Area B: Physical Universe and Its Life Forms (9 Units)</b>		
B1 - Physical Science		3
B2 - Life Forms		3
B3 - Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5) <sup>2</sup>		0
B4 - Math Concepts		3
B5 - Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements. <sup>2</sup>		0
<b>Area C: Arts and Humanities (12 Units)</b>		
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
<b>Area D: The Individual and Society (9 Units)</b>		
Area D Course		3
Area D Course		3
Area D Course - Take upper-division course to complete Area & upper division requirements.		3
<b>Area E: Understanding Personal Development (3 Units)</b>		
Area E Course		3
<b>Area F: Ethnic Studies (3 Units)</b>		
Area F Course		3
<b>Total Units</b>		<b>45</b>

<sup>1</sup> 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/>).

**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](mailto:advising@csus.edu)).

<sup>2</sup> Required in Major; also satisfies GE.

## Graduation Requirements <sup>1</sup>

Code	Title	Units
<b>Graduation Requirements (required by CSU) (6 Units)</b>		
American Institutions: U.S. History		3
American Institutions: U.S. Constitution & CA Government		3
Writing Intensive (WI) <sup>2</sup>		0
<b>Graduation Requirements (required by Sacramento State) (12 Units)</b>		
English Composition II		3

Race and Ethnicity in American Society (RE)	3
Foreign Language Proficiency Requirement <sup>2</sup>	6

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<sup>2</sup> Required in Major; also satisfies Graduation Requirement.

<sup>3</sup> If not satisfied before entering Sacramento State, it may be satisfied 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-language-requirement.html>