

BS IN KINESIOLOGY (ATHLETIC CARE)

Units required for Major: 59-60
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 Care Concentration** is designed to provide students with the basics in injury evaluation, immediate care, rehabilitation, and injury prevention. Students in this concentration will develop knowledge and practical skills to pursue advanced study and future careers in athletic training, sports medicine, and other paramedical areas. Upon completion of the degree, students are also encouraged to pursue a teaching credential.

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 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 Administration		
Athletic Care		
Athletic Coaching Education		

Physical Activity and Wellness		
Physical Education Teacher Education		
Total Units		59-60

Concentration in Athletic Care (29 Units)

Code	Title	Units
Required Concentration Courses (21 Units)		
CHEM 1A or CHEM 6A	General Chemistry I Introduction to General Chemistry	5
PHYS 5A	General Physics: Mechanics, Heat, Sound	4
KINS 155A	Clinical Evaluation of the Upper Extremity	2
KINS 155B	Clinical Evaluation of the Lower Extremity	2
KINS 156	Care Of Athletic Injuries	3
KINS 157	Therapeutic Exercise	3
KINS 194A	Assigned Field Experience in Kinesiology ¹	2
Electives (8 Units)		
Select three of the following:		8
CHEM 6B	Introduction to Organic and Biological Chemistry	
NUFD 10	Nutrition And Wellness	
NUFD 113	Nutrition And Metabolism	
NUFD 120	Practical Application in Sports Nutrition	
GERO 100	Aging Issues in Contemporary America	
GERO 121	Strategies for Optimal Aging	
GERO 122	Interprofessional Approaches to Health Care in Older Adults	
KINS 122B	Cardiopulmonary Resuscitation	
PUBH 148	Epidemiology	
PSYC 137	Stress Management	
STAT 1	Introduction to Statistics	
Total Units		29

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

General Education¹

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: B1, B2 or B5) 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 (<https://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).

² Required in Major; also satisfies GE.

Graduation Requirements ¹

Code	Title	Units
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).

² Required in Major; also satisfies Graduation Requirement.

³ 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>

Career Options: Physical Therapists, Occupation Therapists, Physician Assistants, Emergency Medical Technicians, Chiropractors, Sports Medicine Physicians, Physical#Medicine#and#Rehabilitation#Physicians

The following roadmaps are sample planning resources. Please consult your academic advisor and Academic Catalog for graduation requirements as you develop your individualized academic plan.

Kinesiology (Athletic Care), BS: 4-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
GE Area 1A - English Composition ²		3
GE Area 1C - Oral Communication ²		3
GE Area 5B - Biological Science ²		3
GE Area 6 - Ethnic Studies ²		3
Elective of Choice		3
Units		15
Second Semester		
BIO 25	Human Anatomy and Physiology I	4
STAT 1	Introduction to Statistics	3
GE Area 1B - Critical Thinking ²		3
GR American Institutions (US History) ²		3
Elective of Choice		3
Units		16
Year 2		
First Semester		
BIO 26	Human Anatomy and Physiology II	4
ENGL 20	College Composition II	3
KINS 101	Kinesiology: Research and Practice	2
GE Area 3A - Arts ²		3
GE Area 3B - Humanities ²		3
Units		15
Second Semester		
KINS 138	Sport Pedagogy	3
KINS 156	Care Of Athletic Injuries	3
PHYS 5A	General Physics: Mechanics, Heat, Sound	4
GE Area 4 - Social & Behavioral Sciences ²		3
Elective of Choice		3
Units		16
Year 3		
First Semester		
CHEM 1A or CHEM 6A	General Chemistry I ³ or Introduction to General Chemistry	5
KINS 151D	Applied Kinesiology and Biomechanics	3
Upper Division GE Area 4 - Social & Biological Sciences ²		3
GR American Institutions (GOVT) ²		3
Units		14
Second Semester		
KINS 134	History and Philosophy of Physical Education and Sport	3
KINS 150	Exercise and Sport Physiology	3
KINS 155A	Clinical Evaluation of the Upper Extremity	2
KINS 160	Sport and Exercise Psychology	3
Foreign Language Semester 1 ²		4
Units		15
Year 4		
First Semester		
KINS 155B	Clinical Evaluation of the Lower Extremity	2

KINS 158	Motor Learning and Control	3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive ²		3
Foreign Language Semester 2 ²		4
Elective of Choice		3
Units		15
Second Semester		
KINS 137	Sociology Of Sport	3
KINS 157	Therapeutic Exercise	3
KINS 194A	Assigned Field Experience in Kinesiology	1 - 2
Athletic Care Elective ³		3
Athletic Care Elective ³		3
Elective of Choice		3
Units		16-17
Total Units		122-123

². Please see General Education/Graduation Requirement **course options** (<https://catalog.csus.edu/colleges/health-human-services/kinesiology/bs-in-kinesiology-athletic-care/colleges/academic-affairs/general-education/>).

³. Please see an academic advisor for elective options.

Kinesiology (Athletic Care), BS: 2-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
KINS 101	Kinesiology: Research and Practice	2
KINS 138	Sport Pedagogy	3
KINS 151D	Applied Kinesiology and Biomechanics	3
KINS 156	Care Of Athletic Injuries	3
Upper Division GE Area 4 - Social & Behavioral Sciences + American Institutions (GOVT) ²		3
Units		14
Second Semester		
KINS 134	History and Philosophy of Physical Education and Sport	3
KINS 137	Sociology Of Sport	3
KINS 150	Exercise and Sport Physiology	3
KINS 155A	Clinical Evaluation of the Upper Extremity	2
Foreign Language Semester 1 ²		4
Units		15
Year 2		
First Semester		
KINS 155B	Clinical Evaluation of the Lower Extremity	2
KINS 158	Motor Learning and Control	3
Athletic Care Elective ³		3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive ²		3
Foreign Language Semester 2 ²		4
Units		15
Second Semester		
KINS 157	Therapeutic Exercise	3
KINS 160	Sport and Exercise Psychology	3
KINS 194A	Assigned Field Experience in Kinesiology	1 - 2
Athletic Care Elective ³		3
Athletic Care Elective ³		3
GR American Institutions (US History) ²		3
Units		16-17
Total Units		60-61

¹. Any course not completed in the first semester should be taken in the second or a later semester.