

# BS IN KINESIOLOGY (ATHLETIC CARE)

Degree Roadmaps (2YR ([https://www.csus.edu/academic-affairs/curriculum-workflow/\\_internal/\\_documents/program-road-maps/hhs\\_2yr/kinesiology-athletic-care\\_transfer-roadmap-2024-25.pdf](https://www.csus.edu/academic-affairs/curriculum-workflow/_internal/_documents/program-road-maps/hhs_2yr/kinesiology-athletic-care_transfer-roadmap-2024-25.pdf))) (4YR ([https://www.csus.edu/academic-affairs/curriculum-workflow/\\_internal/\\_documents/program-road-maps/hhs\\_4yr/kinesiology-athletic-care\\_4-year-roadmap-2024-25.pdf](https://www.csus.edu/academic-affairs/curriculum-workflow/_internal/_documents/program-road-maps/hhs_4yr/kinesiology-athletic-care_4-year-roadmap-2024-25.pdf)))

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 |
|---|--|-------|
| <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     |
| <b>Concentration Requirements (28-29 Units)</b> |  |       |

|  |    |
|--|----|
| 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     |
|--|---|-----------|
| <b>Required Concentration Courses (21 Units)</b> |   |           |
| CHEM 1A<br>or CHEM 6A                            | General Chemistry I<br>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 <sup>1</sup>       | 2         |
| <b>Electives (8 Units)</b>                       |   |           |
| 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                                  |           |
| <b>Total Units</b>                               |   | <b>29</b> |

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

## General Education <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     |

**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 |
|---------------|---|

|                    |           |
|--------------------|-----------|
| <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>