

BS IN KINESIOLOGY (PHYSICAL ACTIVITY AND WELLNESS)

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 **Physical Activity and Wellness Concentration** provides students with knowledge and practical experience in supporting careers in areas such as personal training, fitness center management, commercial and corporate wellness, and older adult fitness. It will also prepare students for advanced studies in sport and exercise psychology or other physical activity related programs.

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
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		29
Athletic Administration		
Athletic Care		

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

Concentration in Physical Activity and Wellness

Code	Title	Units
Required Concentration Courses (16 Units)		
KINS 99	Exercise for Healthy Living	2
KINS 120	Strength and Conditioning	3
KINS 132	Planning, Designing and Managing a Fitness Center	3
KINS 136	Sport And Aging	3
KINS 149	Professional Activities of Health and Skill Related Fitness	3
KINS 194A	Assigned Field Experience in Kinesiology ¹	2
Electives (12 Units)		
Select four or more of the following:		12
KINS 110	Women and Sport	
KINS 121	Peak Performance Through Psychological Skills	
KINS 122B	Cardiopulmonary Resuscitation	
KINS 144	Analysis of Weight Training & Muscular Fitness	
KINS 152B	Exercise Physiology of Women	
KINS 152C	Prolonged Exercise	
KINS 156	Care Of Athletic Injuries	
KINS 165	Theory of Coaching	
KINS 166	Ethics, Inclusion and Equity in Coaching	
GERO 100	Aging Issues in Contemporary America	
GERO 121	Strategies for Optimal Aging	
GERO 122	Interprofessional Approaches to Health Care in Older Adults	
NUFD 10	Nutrition And Wellness	
NUFD 113	Nutrition And Metabolism	
NUFD 120	Practical Application in Sports Nutrition	
PSYC 137	Stress Management	
Total Units		28

General Education ¹

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 (<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).

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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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>