

# BS IN KINESIOLOGY (PHYSICAL EDUCATION)

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 Education Teacher Education** concentration is designed to prepare students for a teaching career in physical education. This is a subject matter approved program through the California Commission on Teacher Credentialing (CCTC). Students who complete the program in physical education will have the breadth and depth of knowledge regarding developmentally appropriate physical education and will take coursework for both subject matter content and pedagogy for teaching physical education at the K-12 level. Students who choose this option will then have the opportunity to attain their Single Subject Physical Education California Teaching Credential, an additional two semester program through the Department of Teacher Education at Sacramento State.

**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 Care	
Athletic Coaching Education	
Physical Activity and Wellness	
Physical Education Teacher Education	
Athletic Administration	
<b>Total Units</b>	<b>59-60</b>

## Concentration in Physical Education Teacher Education (29 Units)

Code	Title	Units
<b>Required Concentration Courses (29 Units)</b>		
KINS 130	Elementary Physical Education Curriculum and Content	3
KINS 131	Secondary Physical Education Curriculum	2
KINS 135	Assessment Strategies in Physical Education	3
KINS 141	PRO ACT I - Dual Sports	3
KINS 142	Professional Activities II - Creative Movement and Dance	3
KINS 145	Pro Act III - Team Sports	3
KINS 146	PRO ACT IV Individual Sports	3
KINS 148	ProAct V - Nontraditional Games and Sports	3
KINS 149	Professional Activities of Health and Skill Related Fitness	3
KINS 177	Introduction to Adapted Physical Education	3
<b>Total Units</b>		<b>29</b>

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

Code	Title	Units
<b>Area A: Basic Subjects (9 Units)</b>		
A1 - Oral Communication <sup>2</sup>		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

**Area E: Understanding Personal Development (3 Units)**

Area E Course 3

**Area F: Ethnic Studies (3 Units)**

Area F Course 3

**Total Units 45**

<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

<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 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> (<https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>)