

# BS IN KINESIOLOGY (ATHLETIC COACHING 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 wellness, commercial fitness, older adult fitness, and athletic training.

The BS in Kinesiology offers five concentrations designed to meet students' specific academic needs and career interests in the areas of Athletic Administration, Athletic Care, Athletic Coaching Education, Physical Activity and Wellness, and Physical Education.

The Athletic Coaching Education concentration provides students with knowledge and practical experience in supporting careers in athletic and community settings, athletic coaching, mental performance enhancement, and community and youth physical activity and sport programs. Students will also be eligible to earn a Coaching Certification from the American Sport Education Program (ASEP), which is required to coach at the high school level in the state of California (as mandated by the California Interscholastic Federation). This concentration also prepares students for advanced study in athletic coaching, administration, and other sport-related programs (e.g., sport psychology, sport sociology). Note: \*The ASEP coaching certification does not fulfill the requirements for a Single Subject Physical Education California Teaching Credential. To be eligible for the teaching credential, students should meet the requirements for the Physical Education Teacher Education Concentration.

**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	
	Sport Management	

**Total Units** 59-60

## Concentration in Athletic Coaching Education (29 Units)

Code	Title	Units
<b>Required Concentration Courses (20 Units)</b>		
KINS 120	Strength and Conditioning	3
KINS 121	Peak Performance Through Psychological Skills	3
KINS 139	Leadership and Communication	3
KINS 141	PRO ACT I - Dual Sports	3
	or KINS 145 Pro Act III - Team Sports	
	or KINS 146 PRO ACT IV Individual Sports	
KINS 165	Theory of Coaching	3
KINS 166	Ethics, Inclusion and Equity in Coaching	3
KINS 194D	Assigned Field Experience in Coaching <sup>1</sup>	2

### Electives (9 Units)

Select three of the following:		9
KINS 110	Women and Sport	
KINS 141	PRO ACT I - Dual Sports	
KINS 142	Professional Activities II - Creative Movement and Dance	
KINS 144	Analysis of Weight Training & Muscular Fitness	
KINS 145	Pro Act III - Team Sports	
KINS 146	PRO ACT IV Individual Sports	
KINS 148	ProAct V - Nontraditional Games and Sports	
KINS 149	Professional Activities of Health and Skill Related Fitness	
KINS 156	Care Of Athletic Injuries	
RPTA 32	Leadership and Group Development	
RPTA 130	Community Sport Programming	
NUFD 10	Nutrition And Wellness	
NUFD 113	Nutrition And Metabolism	
NUFD 120	Practical Application in Sports Nutrition	
PSYC 137	Stress Management	

**Total Units** 29

<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>

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>

<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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