Kinesiology and Health Science Department
HLSC Impaction FAQs

Why did the Health Science program declare impaction?
The number of students interested in the Health Science program exceeds the resources available to maintain a quality program. This means that the number of students we accept into the program will be determined by resources and space availability.

To be considered for admission, what are the minimum requirements that I have to meet?
Students must have:
(1) a 2.0 minimum in overall GPA, and
(2) the completion of 45 units, and
(3) a course grade of "C" or above in all required pre-requisite courses: BIO 25, BIO 26, CHEM 6A, and STAT 1 or the equivalents.

How do I know if the courses I completed or plan to complete at the community college will meet the course requirements?
If you attended or plan to attend a California Community College, you can utilize ASSIST (www.assist.org) to help you find the articulated course(s). Transfer students with specific questions should first meet with an academic counselor or advisor at their community college. Continuing Sacramento State students should meet with an academic advisor or a department advisor.

If I complete all Health Science requirements and have an overall 2.0 GPA, will I be admitted to the program?
The 2.0 GPA is a minimum requirement. Students who submit a supplemental application will be ranked by their overall GPA. The department will follow the rank-order, beginning from the top and continue until the estimated number of seats is filled by concentration. The number of seats available for each concentration and GPA cutoff will vary each semester.

Can I have work in progress when I apply to program?
Priority may be given to applicants who completed all required courses.

Can I apply to the program prior to being admitted to Sacramento State?
No. New applicants, including transfer students, must have been admitted to the university prior to applying to the program.

How do I apply to the program?
To apply, eligible students must fill out a supplementary application. The supplementary application is available online: http://www.csus.edu/HHS/KHS/hlsc/impaction.html. It is highly recommended that interested students speak with the Department Advisor prior to submitting an application.

How often do you accept applications?
The Health Science program accepts applications twice per year, once in fall and once in spring. Check the website for important dates: http://www.csus.edu/HHS/KHS/hlsc/impaction.html.

What if I’m not admitted to the program, can I apply more than once?
You will be able to re-apply to the program if significant changes are made to your GPA and/or you complete any missing requirements. We highly encourage you to visit the Career Center in Lassen Hall for assistance in finding a major that leads to the same/similar career goal.

If I’m admitted to the program, can I double major?
Due to the high unit requirement of our programs, the Kinesiology and Health Science Department does not approve double majors. We will complete the required forms to change your major to Health Science. Your current major or pre-major will be deleted.

Are any of the Kinesiology concentrations (Athletic Training, Exercise Science or Physical Education) impacted?
No. At this time, the Kinesiology concentrations are NOT impacted.