



REQUIRED LOWER DIVISION		8 Units
Bio 25: Anatomy and Physiology I	4	
Bio 26: Anatomy and Physiology II (BIO 25)	4	
REQUIRED UPPER DIVISION		23 Units
KINS 101: Kinesiology: Research and Practice	2	
KINS 134: History and Philosophy (KINS 101)	3	
KINS 137: Sociology of Sport (KINS 101)	3	
KINS 138: Sport Pedagogy	3	
KINS 150: Exercise and Sport Physiology (BIO 25 & 26)	3	
KINS 151D: Applied Kinesiology & Biomechanics (BIO 25 & 26)	3	
KINS 158: Motor Learning and Control (BIO 25 & 26 or BIO 131)	3	
KINS 160: Sport and Exercise Psychology	3	

ATHLETIC ADMINISTRATION		Required: 11 Units
KINS 139: Leadership and Communication	3	
KINS 161: Theories of Sport and Fitness Management	3	
KINS 165: Theory of Coaching	3	
KINS 194D: Assigned Field Experience	2	

ATHLETIC ADMINISTRATION		Electives: 18 Units
<i>Courses in Leadership and Communication</i>		
COMS 103: Presentation Speaking in the Org.	3	
COMS 179: Media Sports and Society	3	
OR		
COMS 119: Conflict Resolution	3	
HROB 155: Conflict Management & Negotiation	3	
KINS 121: Peak Performance Psych Skills	3	
KINS 166: Ethics, Inclusion & Equity in Coaching	3	
RPTA 32: Leadership and Group Development	3	
<i>Courses in Development, Budget, &amp; Fundraising</i>		
RPTA 60: Budgeting for Rec Services	3	
RPTA 61: Cost Management for Hospitality	3	
RPTA 107: Grant Writing for Leisure Org.	3	
RPTA 160: Legal and Budget topics in RPTA	3	
RPTA 164: Leadership and Fundraising	3	
RPTA 166: Admin in Rec, Parks, and Tourism	3	
<i>Courses in Marketing</i>		
MKTG 101: Principles of Marketing	3	
MKTG 140: Sports Marketing (MKTG 101)	3	
RPTA 183: Marketing Recreation Services	3	
<i>Courses in Event Planning and Programming</i>		
RPTA 105: Mgmt in Rec, Parks, and Tourism	3	
RPTA 130: Com. Sport Programming (RPTA 32 or KINS 139)	3	
RPTA 132: Campus Recreation	3	
RPTA 136: Program and Event Planning	3	
RPTA 139: Conference and Meeting Planning	3	
RPTA 165: Volunteer Management	3	

ATHLETIC CARE		Required: 21 Units
KINS 155A: Clinical Evaluation of Upper Extremity (BIO 26 & KINS 156)	2	
KINS 155B: Clinical Evaluation of Lower Extremity (BIO 26 & KINS 156)	2	
KINS 156: Care of Athletic Injuries	3	
KINS 157: Therapeutic Exercise (KINS 155A or KINS 155B)	3	
CHEM 6A: Intro to General Chemistry	5	OR
CHEM 1A: General Chemistry		
PHYS 5A: General Physics, Mechanics, Heat, Sound	4	
KINS 194A: Assigned Field Experience	2	

ATHLETIC CARE		Electives: 8 Units
CHEM 6B: Intro to Organic and Biological Chemistry(CHEM 6A)	5	
NUFD 10: Nutrition and Wellness	3	
NUFD 113: Nutrition and Metabolism (NUFD 10, BIO10 & CHEM 6A)	3	
NUFD 120: Practical Application in Sports Nutrition(NUFD 113)	3	
GERO 100: Aging Issues in Contemporary America	3	
GERO 121: Models of Successful Aging	3	
GERO 122: Managing Disorders in Elders	3	
PUBH 148: Epidemiology (STAT 1)	3	
KINS 122B: Cardiopulmonary Resuscitation	1	
PSYC 137: Stress Management	3	
STAT 1: Introduction to Statistics	3	

PHYSICAL EDUCATION TEACHER ED		Required: 29 Units
KINS 130: Elementary PE Curriculum and Content (KINS 138)	3	
KINS 131: Secondary PE Curriculum (KINS 138)	2	
KINS 135: Assessment Strategies in PE	3	
KINS 141: PRO ACT I – Dual Sports (KINS 138)	3	
KINS 142: PRO ACT II – Creative Movement and Dance (KINS 138)	3	
KINS 145: PRO ACT III – Team Sports (KINS 138)	3	
KINS 146: PRO ACT IV – Individual Sports (KINS 138)	3	
KINS 148: PRO ACT V – Nontraditional Games (KINS 138)	3	
KINS 149: PRO ACT VI – Health Related Fitness (KINS 138)	3	
KINS 177: Intro to Adapted PE	3	

ATHLETIC COACHING EDUCATION		Required: 20 Units
KINS 120: Strength and Conditioning	3	
KINS 121: Peak Performance Psych Skills	3	
KINS 139: Leadership and Communication	3	
KINS 141: PRO ACT I – Dual Sports (KINS 138)	3	OR
KINS 145: PRO ACT III – Team Sports (KINS 138)		
KINS 146: PRO ACT IV – Individual Sports (KINS 138)		
KINS 165: Theory of Coaching	3	
KINS 166: Ethics, Inclusion & Equity in Coaching	3	
KINS 194D: Assigned Field Experience	2	

ATHLETIC COACHING EDUCATION		Electives: 9 Units
KINS 110: Women in Sport	3	
KINS 141: PRO ACT I – Dual Sports (KINS 138)	3	
KINS 142: PRO ACT II – Creative Mvmt & Dance (KINS 138)	3	
KINS 144: Analysis of Weight Training & Muscular Fitness	2	
KINS 145: PRO ACT III – Team Sports (KINS 138)	3	
KINS 146: PRO ACT IV – Individual Sports (KINS 138)	3	
KINS 148: PRO ACT V – Nontraditional Games (KINS 138)	3	
KINS 149: PRO ACT VI – Health Related Fitness (KINS 138)	3	
KINS 156: Care of Athletic Injuries	3	
RPTA 32: Leadership and Group Development	3	
RPTA 130: Com. Sport Programming (RPTA 32 or KINS 139)	3	
NUFD 10: Nutrition and Wellness	3	
NUFD 113: Nutrition and Metabolism (NUFD 10, BIO 10 & CHEM 6A)	3	
NUFD 120: Practical App. in Sports Nutrition (NUFD 113)	3	
PSYC 137: Stress Management	3	

PHYSICAL ACTIVITY AND WELLNESS		Required: 16 Units
KINS 99: Exercise for Healthy Living	2	
KINS 120: Strength and Conditioning	3	
KINS 132: Planning, Designing, Managing a Fitness Center	3	
KINS 136: Sport and Aging	3	
KINS 149: PRO ACT VI – Health Related Fitness (KINS 138)	3	
KINS 194A: Assigned Field Experience in Kinesiology	2	

PHYSICAL ACTIVITY AND WELLNESS		Electives: 12 Units
KINS 110: Women in Sport	3	
KINS 121: Peak Performance Psych Skills	3	
KINS 122B: Cardiopulmonary Resuscitation	1	
KINS 144: Analysis of Weight Training & Muscular Fitness	2	
KINS 152B: Exercise Physiology of Women (BIO 22 or BIO 26)	2	
KINS 152C: Prolonged Exercise	3	
KINS 156: Care of Athletic Injuries	3	
KINS 165: Theory of Coaching	3	
KINS 166: Ethics, Inclusion & Equity in Coaching	3	
GERO 100: Aging Issues in Contemporary American	3	
GERO 121: Models of Successful Aging	3	
GERO 122: Managing Disorders in Elders	3	
NUFD 10: Nutrition and Wellness	3	
NUFD 113: Nutrition and Metabolism (NUFD 10, BIO 10 & CHEM 6A)	3	
NUFD 120: Practical Application in Sports Nutrition (NUFD 113)	3	
PSYC 137: Stress Management	3	