

# KINESIOLOGY (ATHLETIC COACHING EDUCATION)

## FOUR ♦ YEAR PLAN

Minimum total units required for B.S. Degree: 120 ▪ (60 units required from major).

This form is to be used in partnership with your advisors - seek assistance each semester to stay on track & graduate!

### YEAR 1

SEMESTER 1		SEMESTER 2	
A1: ORAL COMMUNICATION	3 UNITS	BIO 25 Human Anatomy & Physiology I <sup>^</sup>	4 UNITS
A2: WRITTEN COMMUNICATION	3 UNITS	KINS 101 Kinesiology Research & Practice <sup>^</sup>	2 UNITS
B2: LIFE SCIENCE	3 UNITS	A3: CRITICAL THINKING	3 UNITS
+D: THE INDIVIDUAL & SOCIETY (LD)	3 UNITS	B4: MATH. CONCEPTS & QUANT REAS.	3 UNITS
F: ETHNIC STUDIES	3 UNITS	E: UND. PERSONAL DEVELOPMENT	3 UNITS
<b>15 UNITS</b>		<b>15 UNITS</b>	

### YEAR 2

SEMESTER 1		SEMESTER 2	
BIO 26 Human Anatomy & Physiology II <sup>^</sup>	4 UNITS	B1/B3: PHYSICAL SCIENCE	3-4 UNIT
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	C1: ARTS (LD)	3 UNITS
C: ARTS/HUMANITIES (LD)	3 UNITS	C2: HUMANITIES/ FL 2 (LD)	4 UNITS
ELECTIVES/FL 1	3 UNITS	+D: THE INDIVIDUAL & SOCIETY (LD)	3 UNITS
ELECTIVES	1 UNITS	ELECTIVES	3 UNITS
<b>14 UNITS</b>		<b>16 UNITS</b>	

### YEAR 3

SEMESTER 1		SEMESTER 2	
KINS 137 Sociology of Sport <sup>^</sup>	3 UNITS	KINS 120 Scientific Basis of Physical Cond. <sup>^</sup>	3 UNITS
KINS 138 Sport Pedagogy <sup>^</sup>	3 UNITS	KINS 134 History & Philosophy <sup>^</sup>	3 UNITS
KINS 160 Sport & Exercise Psyc <sup>^</sup>	3 UNITS	KINS 139 Leadership and Communication <sup>^</sup>	3 UNITS
C2: HUMANITIES/ FL 2 (LD)	4 UNITS	B5: KINS 150 Exercise & Sport Physio. <sup>^</sup>	3 UNITS
+D: THE INDIVIDUAL & SOCIETY (UD)*	3 UNITS	KINS 165 Theory of Coaching <sup>^</sup>	3 UNITS
<b>16 UNITS</b>		<b>15 UNITS</b>	

### YEAR 4

SEMESTER 1		SEMESTER 2	
C: ARTS/HUMANITIES (UD)*	3 UNITS	KINS 151D Applied Kinesiology & Bio. <sup>^</sup>	3 UNITS
KINS 121 Peak Performance Psych Skills <sup>^</sup>	3 UNITS	KINS 194D Assigned Field Exp. in Coach <sup>^</sup>	2 UNITS
KINS 141/145/146 Kins Pro Act <sup>^</sup>	3 UNITS	ATHLETIC COACH. EDUC. ELECTIVE OPTION <sup>^</sup>	3 UNITS
KINS 158 Motor Learning and Control <sup>^</sup>	3 UNITS	ELECTIVE	3 UNITS
KINS 166 Ethics, Inclusion, & Eq. in Coaching <sup>^</sup>	3 UNITS	ELECTIVE	3 UNITS
<b>15 UNITS</b>		<b>14 UNITS</b>	

**TOTAL = 120**

#### NOTES:

- Lower Division major requirements
- Electives to meet 120 unit minimum

<sup>^</sup> All courses applied to the major must be completed with a minimum "C" grade.

<sup>+</sup> **Race & Ethnicity:** you may overlap with AREAs in General Education.

<sup>\*</sup> **Writing Intensive (MUST** Complete WPJ or substitute ENGL 109W/M for elective before enrolling) you may overlap with your upper division GE AREAs C or D.

**LD** Upper Division

**UD** Upper Division

**FL** Foreign Language (FL) requirement

<sup>o</sup> Students are encouraged to consider summer and winter intersession coursework to reduce workload.