



# 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 advisor - Grade of C or better required in all courses applied to major

YEAR 1			
SEMESTER 1		SEMESTER 2	
AREA 1C: ORAL COMMUNICATION	3 UNITS	BIO 25 Human Anatomy & Physiology I^	4 UNITS
AREA 1A: WRITTEN COMMUNICATION	3 UNITS	KINS 101 Research & Practice^	2 UNITS
AREA 5B: BIOLOGICAL SCIENCE	3 UNITS	AREA 1B: CRITICAL THINKING	3 UNITS
AREA 4: SOCIAL & BEHAV. SCIENCE (LD)^^	3 UNITS	AREA 2: MATH CON. & QUANT REASON.	3 UNITS
AREA 6: ETHNIC STUDIES	3 UNITS	ELECTIVE◇	3 UNITS
15 UNITS		15 UNITS	
YEAR 2			
SEMESTER 1		SEMESTER 2	
BIO 26 Human Anatomy & Physiology II^	4 UNITS	KINS 138 Sport Pedagogy^	3 UNITS
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	AREA 5A: PHYSICAL SCIENCE	3 UNITS
AREA 3A: ARTS	3 UNITS	AREA 4: SOCIAL & BEHAV. SCIENCE (LD)^^	3 UNITS
U.S. CONSTITUTION/ CA GOVT	3 UNITS	ELECTIVE◇/FL SEM 1	3 UNITS
ELECTIVE◇	3 UNITS	ELECTIVE◇	3 UNITS
16 UNITS		15 UNITS	
REGISTER IN UPPER DIVISION MAJOR REQUIREMENTS			
YEAR 3			
SEMESTER 1		SEMESTER 2	
KINS 137 Sociology of Sport^	3 UNITS	KINS 120 Scientific Basis of Phys Cond^	3 UNITS
KINS 160 Sport and Exercise Psyc^	3 UNITS	KINS 134 Hist & Phil of PE & Sport^	3 UNITS
AREA 3B: HUMANITIES/FL SEM 2	4 UNITS	KINS 139 Leadership & Communication^	3 UNITS
AREA 4: SOCIAL & BEHAVIORAL SCI(UD)*	3 UNITS	AREA 5B/C: KINS 150 Exer&Sport Physio^	3 UNITS
AREA 3A/3B: ARTS/HUMANITIES (UD)*	3 UNITS	KINS 165 Thoery of Coaching^	3 UNITS
16 UNITS		15 UNITS	
YEAR 4			
SEMESTER 1		SEMESTER 2	
KINS 121 Peak Performance Psyc Skills^	3 UNITS	KINS 151D Applied KINS & Bio^	3 UNITS
KINS 141 OR 145 OR 146	3 UNITS	KINS 194A Assigned Field Exp in KINS^	2 UNITS
KINS 158 Motor Learning & Control^	3 UNITS	ATHLETIC COACH. ED. ELECTIVE OPTION^	3 UNITS
KINS 166 Ethics, Incl. & Eq. in Coaching^	3 UNITS	ATHLETIC COACH. ED. ELECTIVE OPTION^	3 UNITS
ELECTIVE◇	2 UNITS	ATHLETIC COACH. ED. ELECTIVE OPTION^	3 UNITS
14 UNITS		14 UNITS	
TOTAL = 120			
 Lower Division major requirements		 Electives to meet 120 unit minimum	
LD Lower Division		UD Upper Division	

### NOTES:

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

^^ **Race and Ethnicity** may overlap with the US History requirement

\* **Writing Intensive** (MUST Complete WPJ or substitute ENGL 109W/M for elective before enrolling)

FL Foreign Language Requirement

° Students are encouraged to consider summer and winter intersession coursework to reduce semester workload.

◇ Please consult with **Advisor** regarding options to fulfill ELECTIVE units.