

*The following roadmap is a sample academic planning resource. Please consult your academic advisor and Academic Catalog for graduation requirements as you develop your individualized academic plan.

College: Health and Human Services

Degree: BS – Bachelor of Science

Major: Kinesiology (Athletic Coaching Education)*

Term #	Course #	Course Title	Units
5	KINS 101	Kinesiology: Research and Practice	2
	PSYC 137	Stress Management	3
	KINS 138	Sport Pedagogy	3
	KINS 137	Sociology of Sport	3
	X	American Institutions (HIST)	3
	X	Foreign Language Graduation Requirement Semester 1	4
		Semester Total	18
6	KINS 134	History and Philosophy of Physical Education and Sport	3
	KINS 165	Theory of Coaching	3
	KINS 150	Exercise and Sport Physiology	3
	KINS 139	Leadership and Communication	3
	KINS 120	Strength and Conditioning	3
	X	Foreign Language Graduation Requirement Semester 2	4
		Semester Total	19
7	X	Upper Division General Education Requirement Area C and Writing Intensive	3
	KINS 121	Peak Performance Through Psychological Skills	3
	KINS 158	Motor Learning and Control	3
	X	KINS Pro Act	3
	KINS 166	Ethics, Inclusion and Equity in Coaching	3
	X	KINS Major Elective	3
		Semester Total	18
8	KINS 194D	Assigned Field Experience in Coaching	2
	X	KINS Major Elective	3
	KINS 151D	Applied Kinesiology and Biomechanics	3
	KINS 160	Sport and Exercise Psychology	3
	X	KINS Major Elective	3
	X	Upper Division General Education Requirement Area D + American Institutions (GOVT)	3
		Semester Total	17