

*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: College of Health and Human Services

Degree: BS – Bachelor of Science

Major: Kinesiology (Athletic Coaching Education)*

Term #	Course #	Course Title	Units
1	BIO 10	Basic Biological Concepts	3
	ENGL 5	Accelerated Academic Literacies	3
	MATH 10	Essentials of Algebra	3
	X	General Education Requirement Area A1	3
	X	General Education Requirement Area F	3
		Semester Total	15
2	BIO 25	Human Anatomy and Physiology I	4
	NUFD 10	Nutrition and Wellness	3
	STAT 1	Introduction to Statistics	3
	X	General Education Requirement Area A3	3
	X	American Institutions (US HIST)	3
		Semester Total	16
3	BIO 26	Human Anatomy and Physiology II	4
	ENGL 20	College Composition II	3
	KINS 101	Kinesiology: Research and Practice	2
	X	General Education Requirement Area C1	3
	X	General Education Requirement Area C	3
		Semester Total	15
4	PSYC 137	Stress Management	3
	X	General Education Requirement Area B1	3
	X	General Education Requirement Area B3	1
	X	Foreign Language Semester 1	4
	X	General Education Requirement Area D	3
		Semester Total	14

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Term #	Course #	Course Title	Units
5	KINS 137	Sociology of Sport	3
	KINS 138	Sport Pedagogy	3
	POLS 1	Essentials of Government	3
	X	Foreign Language Graduation Requirement Semester 2	4
	X	Elective	3
		Semester Total	16
6	KINS 120	Strength and Conditioning	3
	KINS 134	History and Philosophy of Physical Education and Sport	3
	KINS 139	Leadership and Communication	3
	KINS 150	Exercise and Sports Physiology	3
	KINS 165	Theory of Coaching	3
		Semester Total	15
7	KINS 121	Peak Performance Through Psychological Skills	3
	KINS 158	Motor Learning and Control	3
	KINS 166	Ethics, Inclusion, and Equity in Coaching	3
	X	Upper Division General Education Requirement Area C + Writing Intensive	3
	X	KINS Pro Act	3
		Semester Total	15
8	KINS 151D	Applied Kinesiology and Biomechanics	3
	KINS 160	Sport and Exercise Psychology	3
	KINS 194D	Assigned Field Experience in Coaching	2
	X	KINS Major Elective	3
	X	Elective	3
		Semester Total	14