

**CALIFORNIA STATE UNIVERSITY, FRESNO**  
**Department of Kinesiology**  
**General Option ~ Coaching Emphasis**  
***Catalog Years 2010 – Present***

Advisor \_\_\_\_\_

Catalog Year \_\_\_\_\_

Student \_\_\_\_\_

ID # \_\_\_\_\_

*\* The Coaching emphasis is designed to prepare individuals to coach in community, club, or college environments; it is not intended to prepare teachers and/or coaches in a K – 12 school setting.*

<b>General Education<sup>1</sup></b>	<b>51</b>
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<b>Kinesiology Core</b>	<b>14</b>
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					<b>Pre-Requisites *</b>
	KINES	20	Fitness Development <sup>1</sup>	1	
	KINES	25	Resistance Training Techniques <sup>1</sup>	1	
	KINES	32	Lifetime Fitness & Wellness <sup>1</sup> (GE Breadth E1)	2 (1)	Concurrent enrollment in KAC 6, 21, 24, 31, 33, 39, or 103
	KINES	33	Foundations of Sport & Exercise Psychology <sup>2</sup>	3	
	KINES	116	Fundamentals of Biomechanics <sup>2</sup>	3	KINES 20 (may be taken concurrently); BIOL 33 or KINES 35 (or PHYAN 64 & 65) (or PHYAN 64 & PHTH 119)
	KINES	118	Fundamentals of Exercise Physiology <sup>2</sup>	3	KINES 20; BIOL 33 or KINES 35 (or PHYAN 64 & 65) (or PHYAN 64 & PHTH 119); all may be taken concurrently

<b>Coaching Emphasis Requirements</b>	<b>33</b>
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	HS	48	First Responder and Emergency Care <sup>1</sup> (or American Red Cross CPR instructor course)	3 (0)	
	KINES	35	Human Structure and Function <sup>1</sup>	3	KINES 20
	KINES	38	Introduction to Athletic Training <sup>3</sup>	3	
	KINES	110	Motor Development <sup>3</sup>	3	KINES 20, 25, 31, 32, 33, 35 (concurrent if transfer student), 116, 118, 120; KAC A, B
	KINES	120	Planning Strategies for Physical Education <sup>3</sup>	3	KINES 20, 31, 110
	KINES	136	Psychology in Athletic Training & Rehabilitation <sup>4</sup>	3	
Fall	KINES	162	Coaching Concepts <sup>3</sup>	3	
	KINES	165	Performance Related Fitness <sup>2</sup>	3	
Fall	KINES or NUTR	121 or 147	Exercise Nutrition/Body Composition <sup>3</sup> or Nutrition and the Athlete <sup>3</sup> (NUTR 147 double counts)	3	BIOL 1A or 110  BIOL 33 or 65
	KINES	146	Legal Aspects of Exercise and Sport <sup>3</sup>	3	
	KINES	199	Supervised Work Experience <sup>4</sup>	3	HS 48 or equivalent

**Select 6 units from:**

	COUN	174	Introduction to Counseling <sup>1</sup>	3	
	CRIM	120	Juvenile Delinquency (GE Integration ID) <sup>3</sup>	3	
	RLS	113	Serving At-Risk Youth <sup>2</sup>	3	
	PSYCH	169	Psychological Aspects of Physical Disability <sup>3</sup>	3	
<b>Select 16 – 19 elective units from:</b>					
	KINES	31	Historical and Professional Foundations of Physical Education <sup>2</sup>	3	KINES 20
Spr	KAC	101	Advanced Lifesaving <sup>3</sup>	2	300-yard swim, swim with weight
Spr	KINES	112C	Officiating Track and Field <sup>4</sup>	1	
	KINES	123	A & A Rhythmic Movement in PE <sup>4</sup>	3	KINES 20, 25, 31, 32, 33, 35, 116, 118, 120; KAC A & B
Spr	KINES	125A	Coaching Football <sup>4</sup>	3	
Fall	KINES	125B	Coaching Basketball <sup>4</sup>	3	
	KINES	125C	Coaching Track and Field <sup>4</sup>	3	
Fall	KINES	125D	Coaching Baseball <sup>4</sup>	3	
	KINES	126	A & A Aquatics <sup>4</sup>	3	KINES 20, 31, 32 (w/KAC 103), 33, 35, 110, 116, 118, 120, 122, 123, 131; KAC A & B, KAC 4 or swim competence
	KINES	131	A & A Individual/Dual/Team & Fitness Activities <sup>4</sup>	3	KINES 20, 25, 31, 32, 33, 35, 116, 118, 120; KAC A, B
	KAC		Your choice of activity classes (no duplications)	Up to 5	

<b>TOTAL UNITS FOR B.S. DEGREE IN KINESIOLOGY/GENERAL OPTION ~ Coaching Emphasis</b>	<b>120</b>
General Education	51
Kinesiology Core	14
Coaching Emphasis	39
Electives	19 - 22

Advising notes:

*Students must maintain Adult and Child CPR/AED certification.*

*\*Prerequisites are strictly enforced and require a “C” or better subsequent course.*

*Please note that the superscript preceding each course name and number denotes the order in which it is recommended that you schedule your classes. In other words, complete the 1's before taking the 2s, and the 2s before taking the 3s, etc.*