

California 2025-2026 Undergraduate and Graduate Catalog State University, Long Beach

Courses

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Athletics

ATHL 101 - First Year Foundation: BEACHampion Program

(1 unit)

A foundational course exploring life skills and holistic development for first-year student-athletes. The course overviews best practices for health and wellness, financial literacy, cultural competency, academic and career readiness, and leadership development. Enrollment is restricted to NCAA Division I student-athletes for credit/no credit.

Credit / No Credit only. May be repeated to 2 units in different semesters.

ATHL 201 - Sophomore Success: BEACHampion Program

(1 unit)

Engages Sophomore student-athletes in experiential programs to support their holistic development. Overviews major exploration, leadership and identity development, alcohol and drug education, budgeting, and best nutrition practices.

Credit / No Credit only. May be repeated to 2 units in different semesters.

ATHL 261 - Intercollegiate Sports: Women's Softball

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 262 - Intercollegiate Sports: Men's Baseball

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 263 - Intercollegiate Sports: Women's Basketball

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 264 - Intercollegiate Sports: Men's Basketball

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 265 - Intercollegiate Sports: Women's Track and Field

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 266 - Intercollegiate Sports: Men's Track and Field

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 269 - Intercollegiate Sports: Women's Volleyball

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 270 - Intercollegiate Sports: Women's Water Polo

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 271 - Intercollegiate Sports: Men's Water Polo

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 272 - Intercollegiate Sports: Men's Volleyball

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 275 - Intercollegiate Sports: Women's Golf

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 276 - Intercollegiate Sports: Men's Golf

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 277 - Intercollegiate Sports: Women's Tennis

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 281 - Intercollegiate Sports: Women's Cross-Country

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously

earned credits from SAR 1.

ATHL 282 - Intercollegiate Sports: Men's Cross-Country

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 284 - Intercollegiate Sports: Women's Soccer

(1 unit)

Enrollment subject to approval of the coach of the sport. Competition in NCAA-regulated sports. Athletes enrolled who fail to qualify for squad, or quit the team during the semester enrolled, must withdraw from the course or a No Credit grade will be issued.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 1.

ATHL 301 - Junior Journey: BEACHampion Program

(1 unit)

Engages Junior student-athletes in experiential programs to support their holistic development. Overviews career exploration, interview techniques and strategies, personality and values exploration, graduate school exploration, and credit and loan education.

Credit / No Credit only. May be repeated to 2 units in different semesters.

ATHL 319 - Theory and Practice of Minor Intercollegiate Sports

(2 units)

Repeatable credits include previous credits from SAR 319.

Both grading options.

ATHL 320 - Theory and Practice of Major Intercollegiate Sports

(2 units)

Repeatable credits include previous credits from SAR 320.

Credit/No Credit grading only.

ATHL 325 - Student-Athlete Leadership Development and University Service

(1 unit)

Prerequisites: Upper-division division standing, consent of instructor. Must be an official member of an NCAA Intercollegiate team at CSULB.

Juniors / seniors hone communication and facilitation abilities to better function within groups, community, and careers. Emphasis on experiential learning component with people dynamic and group process skills, academic and athletic information, and how a peer mentor can positively impact that development.

Credit/No Credit grading only. May be repeated to a maximum of 4 units, including previously earned credits from SAR 325. May be taken in conjunction with any other ATHL course.

ATHL 401 - Senior Send-Off: BEACHampion Program

(1 unit)

Senior sendoff to support student-athletes in their career and secondary degree plans. Overviews student-athlete identity transition, effective job search strategies, transferable skills, salary negotiation and holistic well-being.

Credit / No Credit only. May be repeated to 2 units in different semesters.

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