

Strength and Conditioning Major

Note this chart is only a suggestion. To meet the requirements for graduation, check your Advisement Report regularly.
It is strongly recommended for all students to meet with an academic advisor every semester.

Kinesiology courses after the first year all require admission to a major in the department or permission

Fall Year 1			
Gen Ed	Class #	Class Title	Credits
Lab Sci	Bio 105	Biological Concepts	4
	Kin 121	Kinesiology Orientation	1
	Kin 170	Medical Terminology	1
Q1 Write	WBIS 188	Writing Based Inquiry	3
Q1 Pair	SQ 1	Culture Quest/Explore Course (GC)	3
L1 Math	Math 104	College Algebra or Placement	3
Total			15

Spring Year 1			
Gen Ed	Class #	Class Title	Credits
Lab Sci	Bio 211	Human Anatomy (Bio 105)	4
	Kin 122	Kinesiology Admission Seminar	1
	Kin 171	Prev., Recog., & Tx of Ath. Inj.	2
Q2 Speak	Comm 111	Fund. of Speech Communication	3
Q2 Pair	SQ 2	Society Quest/Explore Course	3
		Ethnic Studies Course	3
Total			16

Fall Year 2			
Gen Ed	Class #	Class Title	Credits
Lab Sci	Bio 212	Human Physiology (Bio 211)	4
	Kin 173	Applied Anatomy & Kinesiology	3
	Kin 201	Strength Training Techniques	1
XS	Psych 101	Introductory Psychology	3
Q3	SQ 3	Culture/Society Quest/Explore Course	3
Total			14

Spring Year 2			
Gen Ed	Class #	Class Title	Credits
	Kin 340	Biomechanics	3
	Kin 350	Physiology of Exercise (Bio 212)	3
	Kin 349	Behavioral Aspects in Ex (Psy 101)	3
	Kin 104	AED, CPR, and First Aid	1
XC Conn	Eng 300	Connect Advanced Writing (XK)	3
L2 Math		Statistics 86-203 or 67-201	3
Total			16

Fall Year 3			
Gen Ed	Class #	Class Title	Credits
	Kin 331	Motor Learning (Psy 101)	3
	Kin 352	Performance Assesment Techniques (Kin 3	3
	Kin 370	Princ of Weight Training & Conditioning (Kin 350)	3
Lab Sci		Lab science course other than Biology	4
XS or XC		Culture/Society Explore Course	3
Total			16

Spring Year 3			
Gen Ed	Class #	Class Title	Credits
	Kin 351	Nutrition for Health & Perf (Bio 212)	3
	Kin 427	Pro Prep for S+C	3
Lab Sci		Lab Science course other than Biology	4
	Kin 443	Progressive Training Techniques (Kin 370)	2
	KIN 202	Advanced Strength Training Techniques (Kin 201)	1
		General Elective	3
Total			16

Fall Year 4			
Gen Ed	Class #	Class Title	Credits
	Kin 371	Strength & Cond. Program Design (Kin 370)	3
	Kin 461	Clinical Experience in Strength & Cond. (Kin 370)	3
XS or XC		Culture/Society Explore Course	3
ES/HU/XC		Literature Course	3
SS		History	3
Total			15

Spring Year 4			
Gen Ed	Class #	Class Title	Credits
	Kin 480	Kinesiology Internship (Dept Consent Rqd)	12
Total			12

prerequisites in parenthesis
Students must have a minimum of 120 credits to graduate

Degree Total	120
Kinesiology Credits Including Internship	67
Electives	3
(red) USP/BS Degree Credits	50