Year of study: Junior

a)Operating Systems (CS-360)  
b) OS is pretty simple course.It is something you guys should know in Junior year although you guys know almost all of it from 225 and 300 now. just some new names you are going to come across. concept wohi hai. OS on the other hand has no learning and is pretty unbearable so try to just get it over with. It isnt a demanding course at all.  
c) 3

Gpa: a)Operating Systems (CS-360)  
b) Taking OS would be important if you're doing a systems based sproj that requires an understanding for say how the linux Operating system works. My sproj is heavily OS based, so I wouldn't be doing this project if I hadn't taken OS. And my supervisor asked my OS grade for this very reason. So if you know already that you dont want to pursue the systems side in the future, and you have a different domain in mind, then you can surely defer OS for senior year. Otherwise, I would recommend to take OS if you want to explore this domain.  
c) 3