

Strength & Conditioning Emphasis

Notice, this chart is only a suggestion. To meet the requirements for graduation, check your STAR report.

| Fall Year 1 | | | | | Spring Year 1 | | | | |
|-------------|---------|------------------------------|-------|---------|---------------|---------|----------------------------------|----------------|---------|
| Gen Ed | Class # | Class Title | | Credits | Gen Ed | Class # | Class Title | | Credits |
| Nat Sci | 26-105 | Biological Concepts | | 4 | Nat Sci | 26-211 | Human Anatomy (26-105) | | 3 |
| | 77-121 | Orientation to Kinesiology | T 3-4 | 1 | | 77-122 | Kinesiology Admission Seminar | TR 3-4 | 1 |
| | 77-170 | Medical Terminology | M 6-7 | 1 | | 77-171 | Prevention, Recognition Athl Inj | TR 8-9 | 2 |
| EngComp | 88-188 | Writing Based Inquiry | | 3 | | 77-173 | Applied Anatomy & Kinesiology | MWF 12:40-1:40 | 2 |
| Phys Ed | 77-105 | Active Lifestyle | | 2 | Comm | 96-111 | Fund. of Speech Communication | | 3 |
| Math | 67-104 | College Algebra or Placement | | 3 | SS | 86-101 | Introductory Psychology | | 3 |
| Total | | | | 14 | Total | | | | 14 |

| Fall Year 2 | | | | | Spring Year 2 | | | | |
|-------------|---------|---|--------------------|---------|---------------|---------|---|----------------|---------|
| Gen Ed | Class # | Class Title | | Credits | Gen Ed | Class # | Class Title | | Credits |
| Nat Sci | 26-212 | Human Physiology (26-211) | | 4 | | 77-280 | Biomechanics (26-211 & 26-212conc; admitted) | MWF 8-9 | 3 |
| | 77-201 | Strength Training Techniques (Admitted) | TR 9:40-10:40 or M | 1 | | 77-350 | Exercise Physiology (26-212; admitted) | MWF 9:10-10:10 | 3 |
| SS | | History | | 3 | | 77-351 | Clin Nutrition & Wt Mngmnt (26-212; admitted) | TR 8-9:30 | 3 |
| SS | | Elective Social Science | | 3 | Nat Sci | | Lab Science course other than Biology | | 4 |
| Math | | Statistics 86-203 or 92-281 or 67-201 | | 3 | Hu | | Fine Art or Foreign Lang Humanities | | 3 |
| Total | | | | 14 | Total | | | | 16 |

| Fall Year 3 | | | | | Spring Year 3 | | | | |
|-------------|---------|---|-----------------|---------|---------------|---------|---|----------------|---------|
| Gen Ed | Class # | Class Title | | Credits | Gen Ed | Class # | Class Title | | Credits |
| | 77-361 | Medical Aspects of Exercise (77-350) | MWF 9:10-10:10 | 3 | | 77-349 | Behavioral Aspects in Ex (86-101; admitted) | TR 8-9:30 | 3 |
| | 77-368 | Research Techniques (statistics; admitted) | MW 8-9 | 2 | | 77-371 | Strength & Conditioning Prog Dsgn (77-370) | MWF 8-9 | 3 |
| | 77-370 | Princ of Weight Training & Conditioning (77-350) | MWF 10:20-11:20 | 3 | | 77-425 | Current Topics in Kinesiology (admitted) | W 1:50-2:50 | 1 |
| | 77-401 | Performance Assessment in Kines (77-370 or concur Interim?) | | 1 | | 77-443 | Ex Modification & Progression in S & C (77-370) | MWF 12:40-1:40 | 2 |
| Hu, ES | | Religious Studies | | 3 | Nat Sci | | Lab Science course other than Biology | | 4 |
| Hu, NW | | English Literature | | 3 | Total | | | | 13 |
| Total | | | | 15 | Total | | | | 13 |

| Fall Year 4 | | | | | Spring Year 4 | | | | |
|-------------|---------|---|-----------------|---------|---------------|---------|------------------------|--|---------|
| Gen Ed | Class # | Class Title | | Credits | Gen Ed | Class # | Class Title | | Credits |
| | 77-331 | Motor Learning (86-101; admitted) | MWF 10:20-11:20 | 2 | | 77-480 | Kinesiology Internship | | 12 |
| | 77-447 | Admin & Facilities Mgmt. in Kines (77-370) | TR 1:20-2:20 | 2 | Total | | | | 12 |
| | 77-461 | Strength & Conditioning Practicum II (77-370) | TBD | 3 | Total | | | | 12 |
| Hu | | Ethics | | 3 | Total | | | | 12 |
| Adv Comp | 39-318 | Writing about Sciences | | 3 | Total | | | | 12 |
| SS | | Anthropology | | 3 | Total | | | | 12 |
| Total | | | | 16 | Total | | | | 12 |

Degree Total 114

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

(black) Major Core Credits 30
(green) Emphasis Credits 34
(blue) Gen Ed Credits 49

Kinesiology Major
DRAFT

8/18/2010 1:44 PM

Transfer Students - those who have completed all General Education Requirements or have an Associate's D
If Student Needs to Take Biological Concepts (26-105)

| Semester 1 | Semester 2 | Semester 3 | Semester 4 | Semester 5 | Semester 6 | Semester 7 |
|------------|--------------|------------|--------------|--------------|------------|------------|
| 26-105 (4) | 4 26-211 (3) | 26-212 (4) | 4 77-350 (3) | 3 77-361 (3) | 77-371 (3) | 77-480 |
| 77-121 (1) | 1 77-122 (0) | 77-201 (1) | 1 | 77-370 (3) | 77-443 (3) | |
| 77-170 (1) | 1 77-171 (2) | 77-280 (3) | 3 | 77-401 (1) | 77-447 (2) | |
| 86-101 (3) | 3 77-173 (2) | 77-331 (2) | 2 | 77-425 (1) | 77-461 (3) | |
| stats (3) | 3 | 77-349 (3) | 3 | 77-351 (3) | 77-368 (2) | |
| | APPLY | | | | | |
| 12 | 7 | 13 | 3 | 11 | 13 | 12 credits |

If Student has taken Biological Concepts (26-105) but needs Human Anatomy (26-211)

| Semester 1 | Semester 2 | Semester 3 | Semester 4 | Semester 5 | Semester 6 |
|------------|--------------|------------|--------------|--------------|------------|
| 26-211 (3) | 3 26-212 (4) | 77-350 (3) | 1 77-361 (3) | 4 77-368 (2) | 77-480 |
| 77-121 (1) | 1 77-280 (3) | 77-351 (3) | 3 77-370 (3) | 3 77-371 (3) | |
| 77-122 (0) | 0 77-331 (2) | | 3 77-401 (1) | 1 77-447 (2) | |
| 77-170 (1) | 1 stats (3) | | 77-425 (1) | 1 77-443 (3) | |
| 77-171 (2) | 2 | | 77-349 (3) | 3 77-461 (3) | |
| 77-173 (2) | 2 | | 77-201 (1) | | |
| 86-101 (3) | 3 | | | | |
| | APPLY | | | | |
| 12 | 12 | 6 | 12 | 13 | 12 credits |

If Student has taken Human Anatomy (26-211) but needs Human Physiology (26-212)

| Semester 1 | Semester 2 | Semester 3 | Semester 4 | Semester 5 |
|------------|--------------|------------|--------------|------------|
| 26-212 (4) | 4 77-201 (1) | 77-331 (2) | 2 77-361 (3) | 4 77-480 |
| 77-121 (1) | 1 77-280 (3) | 77-351 (3) | 3 77-371 (3) | 3 |
| 77-122 (0) | 0 77-350 (3) | 77-370 (3) | 3 77-443 (3) | 3 |
| 77-170 (1) | 1 77-349 (3) | 77-401 (1) | 1 77-447 (2) | 2 |
| 77-171 (2) | 2 stats (3) | 77-425 (1) | 1 77-461 (3) | 3 |
| 77-173 (2) | 2 | 77-368 (2) | 2 | |
| 86-101 (3) | 3 | | | |
| | APPLY | | | |
| 13 | 13 | 12 | 14 | 12 |

If Student has completed Human Physiology (26-212)
Same as above except first semester does not have 26-212