



Major: Exercise and Sport Studies, Strength and Conditioning Concentration

Required Courses:

Course number	Course title	Credit hours
ESS 4400	Strength Training Programming, Techniques, and Administration	4
ESS 4405	Scientific Principles of Strength and Conditioning	4
ESS 4410	Exercise Testing, Prescription, and Supervision	4
HLT 3250	Human Nutrition	4
KIN 1100	Personal Fitness and Wellness	4
KIN 2300	Motor Behavior	4
KIN 2350	Foundations of Sport/Physical Education	4
KIN 3330	Psychological Aspects of Exercise and Sport	4
KIN 3350/3355	Exercise Physiology and Laboratory	4
KIN 3390/3395	Biomechanics and Laboratory	4
KIN 3800	Internship	4
KIN 4800	Internship 2	4
KIN 4900	The Senior Kinesiologist: Senior Capstone	4

Required Related Courses:

Course number	Course title	Credit hours
BIO 2300	Human Anatomy and Physiology I and Laboratory	4
BIO 2400	Human Anatomy and Physiology II and Laboratory	4

Total minimal hours = 60 for B.S. degree