



Major: Exercise and Sport Studies with Concentration in Strength and Conditioning

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 2500/2505	Anatomy & Physiology for Exercise & Sport Studies and Laboratory	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
MAT 2360	Statistics	4

Total hours = 60 for B.S. degree