

KINESIOLOGY PROGRAM GUIDELINES**Major: Exercise Science
(EXRSCI BS - SCBS)****Concentration: Strength and Conditioning
(SC BS)**

These guidelines summarize the requirements for a Bachelor of Science for students following the 2009-2010 requirements.

The aim of this academic concentration is to become certified strength and conditioning specialists (CSCS) capable of organizing, designing, and implementing programs in corporate, industrial, recreational, educational, commercial, and clinical settings.

A. General Education Requirements

The General Education Requirements listed in the Academic Regulations of the University of Connecticut Undergraduate Catalog 2009-2010 include:

- Content Area 1: Arts & Humanities: 6 credit
- Content Area 2: Social Sciences: 6 credits
- Content Area 3: Science & Technology: 6-7 credits
- Content Area 4: Diversity & Multiculturalism: 6 credits

B. Kinesiology Requirements

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|-----------------|--|-----------|
| EKIN 1160/160 | First Aid and CPR, Free Weight Training | 2 credits |
| EKIN 3215/202 | Theory of Coaching | 3 credits |
| EKIN 3210/206 | Sport Administration I | 3 credits |
| EKIN 3200/207 | Sport Administration II | 3 credits |
| EKIN 3320/240 | Introduction to Sport & Exercise Psychology | 3 credits |
| EKIN 4500/248 | Physiological Systems in Human Performance | 3 credits |
| EKIN 4510W/258W | Mechanisms and Adaptations in Sport and Exercise | 3 credits |
| EKIN 3520/263 | Applied Anatomy and Kinesiology | 3 credits |
| EKIN 3100/264 | Prevention and Care of Athletic Injuries | 3 credits |
| EKIN 3525/265 | Fundamentals of Strength and Conditioning | 4 credits |
| EKIN 3530W/268W | Physiological Assessment of Competitive Athletes | 3 credits |
| EKIN 3522/272 | Sport Biomechanics | 3 credits |
| EKIN 3545/274 | Resistance Training Exercise Techniques and Evaluation | 3 credits |
| EKIN 3310/284 | Introduction to Sport Management | 3 credits |
| EKIN 3091/290 | Internship | 6 credits |
| EKIN 3099/299 | Independent Study | 3 credits |

C. Related Requirements: ACCT 2001/131; BIOL 1107/107; CHEM 1122/122; COMM 1100/105; ECON 1202/111; NUSC 1165/165, NUSC 4250/250; PHYS 1010Q/101Q; PNB 2264/264, PNB 2265/265; PSYC 1100/132; STAT 1000Q/100Q or STAT 1100Q/110Q.

Earn at least 120 credits with a minimum total grade point average of 2.2.

STRENGTH AND CONDITIONING (EXRSCI BS) (SCBS)

SAMPLE SEMESTER SEQUENCE

| | | | |
|---|---|--|---|
| <u>SEMESTER 1</u> (14 credits) | | <u>SEMESTER 2</u> (15 credits) | |
| ENGL 1010 /110 or ENGL 1011 /111 | 4 | STAT 1000Q /100Q or 1100Q /110Q | 4 |
| PHYS 1010Q /101Q (Also fulfills CA 3) | 4 | CONTENT AREA 1 | 3 |
| CONTENT AREA 1 | 3 | BIOL 1107 /107 | 4 |
| PSYC 1100 /132 (Also fulfills CA 3) | 3 | CHEM 1122 /122 | 4 |
| <u>SUMMER SESSION</u> | | | |
| * Language Requirement | 8 | | |
| <u>SEMESTER 3</u> (16 credits) | | <u>SEMESTER 4</u> (12 credits) | |
| CONTENT AREA 2 | 3 | ACCT 2001 /131 | 3 |
| CONTENT AREA 4 | 3 | EKIN 1160 /160 First Aid & CPR | 1 |
| CONTENT AREA 4 | 3 | EKIN 1160 /160 Free Weight Training | 1 |
| ECON 1202 /111 (Also fulfills CA 2) | 3 | NUSC 1165 /165 | 3 |
| PNB 2264 /264 | 4 | PNB 2265 /265 | 4 |
| <u>SEMESTER 5</u> (16 credits) | | <u>SEMESTER 6</u> (15 credits) | |
| EKIN 3215 /202 Theory of Coaching | 3 | EKIN 3200 /207 Sport Administration II | 3 |
| EKIN 3210 /206 Sport Administration I | 3 | EKIN 3320 /240 Intro to Sport & Exer. Psychology | 3 |
| EKIN 4500 /248 Physiol. Systems in Human Perf. | 3 | EKIN 4510W /258W Mech. & Adapt. Sport & Exer. | 3 |
| EKIN 3525 /265 Fund. of Strength & Conditioning | 4 | EKIN 3530W /268W Physiol.Assess.Com.Athletes | 3 |
| COMM 1100 /105 | 3 | EKIN 3545 /274 Resistance Train. Exer.Tech. & Eval. | 3 |
| <u>SEMESTER 7</u> (15 credits) | | <u>SEMESTER 8</u> (12 credits) | |
| EKIN 3520 /263 Applied Anatomy and Kinesiology | 3 | EKIN 3091 /290 Internship | 6 |
| EKIN 3100 /264 Prev. & Care of Athletic Injuries | 3 | Elective | 3 |
| EKIN 3522 /272 Sport Biomechanics | 3 | NUSC 4250 /250 Nutritional Exercise and Sport | 3 |
| EKIN 3310 /284 Intro. to Sport Management | 3 | | |
| Elective | 3 | | |

*Required of all students not meeting the University requirement of three years of a single foreign language in high school.

Lower division requirements have been selected to assist students with completing the general education requirements, including two W courses (EKIN **4510W**/258W and EKIN **3530W**/268W) and two Q courses (PHYS **1010Q**/101Q, STAT **1000QC**/100QC or STAT **1100QC**/110QC). Courses in Content Areas 1-3 must be in six different departments.

Earn at least 120 credits with a minimum total grade point average of 2.2.