

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 2014-2015 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 2014-2015 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

EKIN 1160	First Aid and CPR, Free Weight Training	2 credits
EKIN 3091	Internship	6 credits
EKIN 3099	Independent Study	3 credits
EKIN 3100	Prevention and Care of Athletic Injuries	3 credits
EKIN 3200	Sport Administration II	3 credits
EKIN 3210	Sport Administration I	3 credits
EKIN 3215	Theory of Coaching	3 credits
EKIN 3320	Introduction to Sport & Exercise Psychology	3 credits
EKIN 3522	Biomechanics of Injury and Sport	3 credits
EKIN 3525	Fundamentals of Strength and Conditioning	4 credits
EKIN 3530W	Physiological Assessment of Competitive Athletes	3 credits
EKIN 3545	Resistance Training Exercise Techniques and Evaluation	3 credits
EKIN 4500	Physiological Systems in Human Performance	3 credits
EKIN 4510W	Mechanisms and Adaptations in Sport and Exercise	3 credits

- C. Related Requirements: ACCT 2001; BIOL 1107; CHEM 1122; COMM 1100; ECON 1202; NUSC 1165, NUSC 4250; PHYS 1010Q; PNB 2264, PNB 2265; PSYC 1100; STAT 1000Q or STAT 1100Q.

Electives: Students will select at least 6 credits of advisor approved major related courses.

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 or ENGL 1011	4	STAT 1000Q or 1100Q	4
PHYS 1010Q (Also fulfills CA 3)	4	CONTENT AREA 1	3
CONTENT AREA 1	3	BIOL 1107	4
PSYC 1100 (Also fulfills CA 3)	3	CHEM 1122	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	3
CONTENT AREA 4	3	EKIN 1160 First Aid & CPR	1
CONTENT AREA 4	3	EKIN 1160 Free Weight Training	1
ECON 1202 (Also fulfills CA 2)	3	NUSC 1165	3
PNB 2264	4	PNB 2265	4
<u>SEMESTER 5</u> (16 credits)		<u>SEMESTER 6</u> (15 credits)	
EKIN 3210 Sport Administration I	3	EKIN 3200 Sport Administration II	3
EKIN 3215 Theory of Coaching	3	EKIN 3320 Intro to Sport & Exer. Psychology	3
EKIN 3525 Fund. of Strength & Conditioning	4	EKIN 3530W Physiol.Assess.Com.Athletes	3
EKIN 4500 Physiol. Systems in Human Perf.	3	EKIN 3545 Resistance Train. Exer.Tech. & Eval.	3
COMM 1100	3	EKIN 4510W Mech. & Adapt. Sport & Exer.	3
<u>SEMESTER 7</u> (12 credits)		<u>SEMESTER 8</u> (12 credits)	
EKIN 3100 Prev. & Care of Athletic Injuries	3	EKIN 3091 Internship	6
EKIN 3522 Biomechanics of Injury and Sport	3	EKIN 3099 Independent Study	3
NUSC 4250 Nutritional Exercise and Sport	3	Elective	3
Elective	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 and EKIN 3530W) and two Q courses (PHYS 1010Q, STAT 1000Q or STAT 1100Q). 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.