

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 2008-2009 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 2008-2009 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 1160/160	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	4 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 3315/286	Issues in Sport	3 credits
EKIN 3091/290	Internship	6 credits
EKIN 3099W/299W	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

SEMESTER 1 (14 credits)

ENGL 1010 /110 or ENGL 1011 /111	4
PHYS 1010Q /101Q (Also fulfills CA 3)	4
CONTENT AREA 1	3
PSYC 1100 /132 (Also fulfills CA 3)	3

SEMESTER 2 (15 credits)

STAT 1000Q /100Q or 1100Q /110Q	4
CONTENT AREA 1	3
BIOL 1107 /107	4
CHEM 1122 /122	4

SUMMER SESSION

* Language Requirement	8
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SEMESTER 3 (16 credits)

CONTENT AREA 2	3
CONTENT AREA 4	3
CONTENT AREA 4	3
ECON 1202 /111 (Also fulfills CA 2)	3
PNB 2264 /264	4

SEMESTER 4 (12 credits)

ACCT 2001 /131	3
EKIN 1160 /160 First Aid & CPR	1
EKIN 1160 /160 Free Weight Training	1
NUSC 1165 /165	3
PNB 2265 /265	4

SEMESTER 5 (16 credits)

EKIN 3215 /202 Theory of Coaching	3
EKIN 3210 /206 Sport Administration I	3
EKIN 4500 /248 Physiol. Systems in Human Perf.	3
EKIN 3525 /265 Fund. of Strength & Conditioning	4
COMM 1100 /105	3

SEMESTER 6 (16 credits)

EKIN 3200 /207 Sport Administration II	3
EKIN 3320 /240 Intro to Sport & Exer. Psychology	3
EKIN 4510W /258W Mech. & Adapt. Sport & Exer.	4
EKIN 3530W /268W Physiol.Assess.Com.Athletes	3
EKIN 3545 /274 Resistance Train. Exer.Tech. & Eval.	3

SEMESTER 7 (15 credits)

EKIN 3520 /263 Applied Anatomy and Kinesiology	3
EKIN 3100 /264 Prev. & Care of Athletic Injuries	3
EKIN 3522 /272 Sport Biomechanics	3
EKIN 3310 /284 Intro. to Sport Management	3
EKIN 3315 /286 Issues in Sport	3

SEMESTER 8 (12 credits)

EKIN 3091 /290 Internship	6
EKIN 3099W /299W Independent Study	3
NUSC 4250 /250 Nutritional Exercise and Sport	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, EKIN **3530W**/268W, EKIN **3099W**/299W) and two Q courses (PHYS **1010Q**/101Q, STAT **1000QC**/100QC or STAT **1100QC**/110QC). Courses in Content Areas 1-3 must be in different departments.

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