

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

**SEMESTER 2** (15 credits)

STAT <b>1000Q</b> /100Q or <b>1100Q</b> /110Q	4
CONTENT AREA 1	3
BIOL <b>1107</b> /107	4
CHEM <b>1122</b> /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 <b>1202</b> /111 (Also fulfills CA 2)	3
PNB <b>2264</b> /264	4

**SEMESTER 4** (12 credits)

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

**SEMESTER 5** (16 credits)

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

**SEMESTER 6** (16 credits)

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

**SEMESTER 7** (15 credits)

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

**SEMESTER 8** (12 credits)

EKIN <b>3091</b> /290 Internship	6
EKIN <b>3099W</b> /299W Independent Study	3
NUSC <b>4250</b> /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.