# Curriculum in Fitness, Conditioning and Performance

## Freshman

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours</th>
<th>Spring</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select one of the following:</td>
<td>4</td>
<td>Select one of the following:</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 1020 Principles of Biology &amp; BIOL 1021 Principles of Biology Laboratory</td>
<td></td>
<td>BIOL 1030 Organismal Biology &amp; BIOL 1031 Organismal Biology Laboratory</td>
<td></td>
</tr>
<tr>
<td>BIOL 1027 Honors Biology</td>
<td></td>
<td>BIOL 1037 Honors Organismal Biology</td>
<td></td>
</tr>
<tr>
<td>ENGL 1100 English Composition I</td>
<td>3</td>
<td>ENGL 1120 English Composition II</td>
<td>3</td>
</tr>
<tr>
<td>Core Social Science</td>
<td>3</td>
<td>Core History or Core Social Science</td>
<td>3</td>
</tr>
<tr>
<td>Core History¹</td>
<td>3</td>
<td>PHED Elective</td>
<td>2</td>
</tr>
<tr>
<td>MATH 1130 Pre-Calculus Trigonometry</td>
<td>3</td>
<td>Elective</td>
<td>3</td>
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</tbody>
</table>

| Total | 16 | 15 |

## Sophomore

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours</th>
<th>Spring</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Literature¹</td>
<td>3</td>
<td>Core Literature or Core Humanities</td>
<td>3</td>
</tr>
<tr>
<td>Core Fine Arts</td>
<td>3</td>
<td>Humanities Core</td>
<td>3</td>
</tr>
<tr>
<td>Core Social Science</td>
<td>3</td>
<td>BIOL 2510 Human Anatomy and Physiology II</td>
<td>4</td>
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<tr>
<td>KINE 2250/2253 Motor Development Across the Lifespan</td>
<td>2</td>
<td>KINE 3680 Physiology of Exercise</td>
<td>3</td>
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<tr>
<td>KINE 2251 Motor Development Across the Lifespan Laboratory</td>
<td>1</td>
<td>KINE 3681 Physiology of Exercise Lab</td>
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<tr>
<td>BIOL 2500 Human Anatomy and Physiology I</td>
<td>4</td>
<td>KINE 1103 Wellness</td>
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</tbody>
</table>

| Total | 16 | 16 |

## Junior

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours</th>
<th>Spring</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 3620 Biomechanical Analysis of Human Movement</td>
<td>3</td>
<td>KINE 3650 Motor Learning and Performance</td>
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</tr>
<tr>
<td>KINE 3621 Biomechanical Analysis of Human Movement Laboratory</td>
<td>1</td>
<td>KINE 3651 Motor Learning and Performance Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>KINE 4400/4403 Applied Anatomy for the Allied Health Professional</td>
<td>3</td>
<td>KINE 4450/4453 Physical Activity and Public Health</td>
<td>3</td>
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<tr>
<td>KINE 4600 Strength Development</td>
<td>3</td>
<td>KINE 4560/4563 Sport Technique and Movement Analysis</td>
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</tr>
<tr>
<td>KINE 4640 Physical Conditioning and Speed</td>
<td>3</td>
<td>KINE 4620/4623 Exercise and Sport Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

| Total | 16 | 16 |

## Senior

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours</th>
<th>Spring</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Directed Electives</td>
<td>7</td>
<td>KINE 4940/4943 Fitness, Conditioning and Performance Internship</td>
<td>12</td>
</tr>
<tr>
<td>Course</td>
<td>Credits</td>
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<tr>
<td>--------</td>
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</tr>
<tr>
<td>KINE 4690 Corrective Exercise Specialist Preparation or 4693 Corrective Exercise Specialist Preparation</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINE 4630 Strength and Conditioning Preparation or 4633 Strength and Conditioning Preparation</td>
<td>3</td>
<td></td>
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</tr>
<tr>
<td>UNIV 4AA0 University Graduation</td>
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Total Hours: 120

1. Students must complete a history sequence or a literature sequence.