

Curriculum in Fitness, Conditioning and Performance

Freshman

Fall	Hours	Spring	Hours
Select one of the following: BIOL 1020 Principles of Biology & BIOL 1021 Principles of Biology Laboratory BIOL 1027 Honors Biology		4 Select one of the following: BIOL 1030 Organismal Biology & BIOL 1031 Organismal Biology Laboratory BIOL 1037 Honors Organismal Biology	4
ENGL 1100 English Composition I		3 ENGL 1120 English Composition II	3
Core Social Science		3 Core History or Core Social Science	3
Core History ¹		3 PHED Elective	2
MATH 1130 Pre-Calculus Trigonometry		3 Elective	3
	16		15

Sophomore

Fall	Hours	Spring	Hours
Core Literature ¹		3 Core Literature or Core Humanities	3
Core Fine Arts		3 Humanities Core	3
Core Social Science		3 BIOL 2510 Human Anatomy and Physiology II	3
KINE 2250 Motor Development Across the Lifespan		2 BIOL 2511 Human Anatomy and Physiology II Laboratory	1
KINE 2251 Motor Development Across the Lifespan Laboratory		1 KINE 3680 Physiology of Exercise	3
BIOL 2500 Human Anatomy and Physiology I		3 KINE 3681 Physiology of Exercise Lab	1
BIOL 2501 Human Anatomy and Physiology I Laboratory		1 KINE 1100 Wellness & Public Health	2
	16		16

Junior

Fall	Hours	Spring	Hours
KINE 3620 Biomechanical Analysis of Human Movement		3 KINE 3650 Motor Learning and Performance	3
KINE 3621 Biomechanical Analysis of Human Movement Laboratory		1 KINE 3651 Motor Learning and Performance Laboratory	1
KINE 4400 Applied Anatomy for the Allied Health Professional		3 KINE 4450 Physical Activity and Public Health	3
KINE 4600 Strength and Conditioning Development		3 KINE 4560 Sport Technique and Movement Analysis	3
KINE 4640 Physical Conditioning and Speed		3 KINE 4620 Exercise and Sport Psychology	3
NTRI 2000 Nutrition And Health <i>or</i> 2010 Basic Sports Nutrition		3 KINE 4880 Training and Conditioning Programming	3
	16		16

Senior

Fall	Hours	Spring	Hours
Directed Electives		7 KINE 4940 Fitness, Conditioning and Performance Internship	12
KINE 4690 Corrective Exercise Specialist Preparation		3 UNIV 4AA0 Creed to Succeed	0
KINE 4630 Strength and Conditioning Preparation		3	
		13	12
Total Hours: 120			

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