

# ACADEMIC MAP

## KINESIOLOGY - EXERCISE SCIENCE - STRENGTH AND CONDITIONING

Bachelor of Science



**START HERE** .....

1

| SEMESTER 1 - FALL                    | CREDITS | COMPLETED |
|--------------------------------------|---------|-----------|
| UNIV 1101 UNIVERSITY SEMINAR I       | 1       | ✓         |
| ENGL 1301 WRITING AND RHETORIC I     | 3       |           |
| POLS 2306 STATE AND LOCAL GOVERNMENT | 3       |           |
| MATH 1442 STATISTICS FOR LIFE        | 4       |           |
| UNIVERSITY CORE CURRICULUM           | 3       |           |
| KINE 2313 FOUNDATIONS OF KINESIOLOGY | 3       |           |

TOTAL CREDITS: 17

2

| SEMESTER 2 - SPRING                                   | CREDITS | COMPLETED |
|---|---------|-----------|
| UNIV 1102 UNIVERSITY SEMINAR II                       | 1       |           |
| ENGL 1302 WRITING AND RHETORIC II                     | 3       |           |
| HIST 1301 U.S. HISTORY TO 1865                        | 3       |           |
| BIOL 2401 ANATOMY AND PHYSIOLOGY I                    | 4       |           |
| KINE 2326 ESSENTIALS OF PROFESSIONAL FITNESS TRAINING | 3       |           |
| KINE 2375 NUTRITION FOR HUMAN PERFORMANCE             | 3       |           |
| KINE 1106 WEIGHT TRAINING                             | 1       |           |

TOTAL CREDITS: 18

YEAR 1

3

| SEMESTER 3 - FALL   | CREDITS | COMPLETED |
|---|---------|-----------|
| BIOL 2402 ANATOMY AND PHYSIOLOGY II   | 4       |           |
| POLS 2305 U.S. GOVERNMENT AND POLITICS  | 3       |           |
| ENGL 2316 OR ENGL 2332 OR ENGL 2333 LITERATURE AND CULTURE OR LITERATURE OF THE WESTERN WORLD: FROM THE CLASSICS TO THE RENAISSANCE OR LITERATURE OF THE WESTERN WORLD: FROM THE ENLIGHTENMENT TO THE PRESENT | 3       |           |
| PSYC 2301 GENERAL PSYCHOLOGY  | 3       |           |
| UNIVERSITY CORE CURRICULUM  | 3       |           |

TOTAL CREDITS: 16

4

| SEMESTER 4 - SPRING                        | CREDITS | COMPLETED |
|--|---------|-----------|
| CHEM 1411 GENERAL CHEMISTRY                | 4       |           |
| HIST 1302 U.S. HISTORY SINCE 1865          | 3       |           |
| ARTS 1301 ART AND SOCIETY                  | 3       |           |
| SMGT 2314 INTRODUCTION TO SPORT MANAGEMENT | 3       |           |
| KINE 4325 KINETIC ANATOMY                  | 3       |           |

TOTAL CREDITS: 16

YEAR 2

5

| SEMESTER 5 - FALL                                  | CREDITS | COMPLETED |
|--|---------|-----------|
| KINE 3318 PREVENTION AND CARE OF ATHLETIC INJURIES | 3       |           |
| SMGT 3335 LEGAL ISSUES IN SPORT                    | 3       |           |
| KINE 3337 SPORT AND EXERCISE PSYCHOLOGY            | 3       |           |
| KINE 3112 PHYSIOLOGY OF EXERCISE LAB               | 1       |           |
| KINE 3338 MOTOR DEVELOPMENT/MOTOR LEARNING         | 3       |           |
| KINE 3312 PHYSIOLOGY OF EXERCISE                   | 3       |           |

TOTAL CREDITS: 16

6

| SEMESTER 6 - SPRING                                 | CREDITS | COMPLETED |
|---|---------|-----------|
| SMGT 3330 PROMOTION OF SPORT                        | 3       |           |
| KINE 4311 MEASUREMENT AND EVALUATION                | 3       |           |
| SMGT 4309 FINANCE MANAGEMENT IN SPORT               | 3       |           |
| KINE 3320 INTRODUCTION TO THERAPEUTIC INTERVENTIONS | 3       |           |
| KINE 4327 BIOMECHANICS                              | 3       |           |
| KINE 4127 BIOMECHANICS LAB                          | 1       |           |

TOTAL CREDITS: 16

YEAR 3

7

| SEMESTER 7 - FALL                                 | CREDITS | COMPLETED |
|---|---------|-----------|
| KINE 4339 SPECIAL POPULATIONS IN KINESIOLOGY      | 3       |           |
| KINE 4329 ESSENTIALS OF STRENGTH AND CONDITIONING | 3       |           |
| SMGT 3366 MANAGING SPORT AND LEISURE SERVICES     | 3       |           |
| KINE 4340 EXERCISE TESTING AND PRESCRIPTION       | 3       |           |

TOTAL CREDITS: 12

8

| SEMESTER 7 - FALL                          | CREDITS | COMPLETED |
|--|---------|-----------|
| KINE 4693 PROFESSIONAL FIELD EXPERIENCE I  | 6       |           |
| KINE 4694 PROFESSIONAL FIELD EXPERIENCE II | 6       |           |

TOTAL CREDITS: 12

YEAR 4

**123 CREDITS | FINISHED!**



# CAREER MAP

## KINESIOLOGY - EXERCISE SCIENCE - STRENGTH AND CONDITIONING

### *Bachelor of Science*



Students seeking a BS in Kinesiology can specialize in EC-12 physical education certification, exercise science-strength and conditioning, or pre-allied health. All majors must take a minimum of 42 SCH in university core courses and a minimum of 23 SCH in kinesiology major requirements.

The bachelor of science degree with a major in kinesiology coursework includes: general education core requirements, kinesiology major requirements, special emphasis requirements, and special foundations requirements.

Beyond the general education core requirements, students majoring in kinesiology must complete all courses in sections 2-4 above with a grade of "C" or better. Transfer credit hours into the kinesiology degree plans must adhere to the same grade standard.

## CONTACT INFORMATION

### Career Counselor:

Stefani Schomaker, PhD, LPC  
UC 304 | 361.825.2628  
stefani.schomaker@tamucc.edu

### Internship Coordinator:

Misty Kesterson  
IH 3rd Floor | 361.825.3299  
misty.kesterson@tamucc.edu

### Department Contact:

College of Education and Human Development  
IH 3rd Floor | 361.825.6072  
elizabeth.perez@tamucc.edu

## INTERNSHIP INFORMATION

To enroll in professional field experience, students must have departmental approval as well as a kinesiology GPA of 2.75. The field experience is for seniors only and they should enroll during their last semester. Students are allowed to enroll in other coursework but not to exceed the 18-hour university limit.

## SKILLS/ATTRIBUTES

- Critical thinking/Problem Solving
- Professionalism/Work Ethic

## CAREER OPTIONS

- **Bachelor's Degree Tracks:**  
Strength & Training Professional, Physical Therapist Aide, Certified Personal Trainer, Exercise Physiologist, Coach/Trainer, Fitness Facility Manager
- **Master's Degree Tracks:**  
Public Health/Admin., Law, MBA, Counseling, Occupational Therapy, Speech/Language Pathologist, Physician Asst., Dietician/Nutritionist, etc.
- **Professional/Medical School Tracks:** Nursing, Physical Therapy, Medical, Chiropractor, etc.

## STUDENT ORGANIZATIONS

- Kinesiology Club - Special Olympics
- Women in Healthcare
- Coastal Bend Health Professionals Initiative

## ADDITIONAL SOURCES OF INFORMATION

Occupational Outlook Handbook - [www.bls.gov/ooh/](http://www.bls.gov/ooh/),  
Professional Orgs: American College of Sports Medicine, American Kinesiology Association, Clinical Exercise Physiology Association, American Council on Exercise, National Athletic Trainers' Association, etc.