

# ACADEMIC MAP

## Exercise Science - Strength & Conditioning Specialization Kinesiology, Bachelor of Sciences



First Year		
Fall		
		Hours
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
<b>Hours</b>		<b>17</b>

Spring		
		Hours
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
<b>Hours</b>		<b>18</b>

Second Year		
Fall		
		Hours
PSYC 2301	General Psychology	3
POLS 2305	U.S. Government and Politics	3
ENGL 2316	Literature and Culture	3
or ENGL 2332	or Literature of the Western World: From the Classics to the Renaissance	
or ENGL 2333	or Literature of the Western World: From the Enlightenment to the Present	
BIOL 2402	Anatomy and Physiology II	4
University Core Curriculum		3
<b>Hours</b>		<b>16</b>

Spring		
		Hours
HIST 1302	U.S. History Since 1865	3
CHEM 1411	General Chemistry I	4
ARTS 1301	Art and Society	3
SMGT 2314	Introduction to Sport Management	3
KINE 2321	Resistance Training and Conditioning Lab	3
<b>Hours</b>		<b>16</b>

Third Year		
Fall		
		Hours
KINE 3318	Prevention and Care of Athletic Injuries	3
KINE 3312	Physiology of Exercise	3
KINE 3112	Physiology of Exercise Lab	1
KINE 3343	Program Design in Strength and Conditioning	3
KINE 4325	Kinetic Anatomy	3
KINE 4329	Essentials of Strength and Conditioning I	3
<b>Hours</b>		<b>16</b>

Spring		
		Hours
KINE 4311	Measurement and Evaluation	3
KINE 3320	Introduction to Therapeutic Interventions	3
KINE 4327	Biomechanics	3
KINE 4127	Biomechanics Lab	1
KINE 3337	Sport and Exercise Psychology	3
KINE 4330	Essentials of Strength and Conditioning II	3
<b>Hours</b>		<b>16</b>

Fourth Year		
Fall		
		Hours
KINE 4339	Special Populations in Kinesiology	3
KINE 3338	Motor Development/Motor Learning	3
KINE 4340	Exercise Testing and Prescription	3
SMGT 3335	Legal Issues in Sport	3
<b>Hours</b>		<b>12</b>

Spring		
		Hours
KINE 4693	Professional Field Experience I	6
KINE 4694	Professional Field Experience II	6
<b>Hours</b>		<b>12</b>
<b>Total Hours</b>		<b>123</b>



# 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  
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### Internship Coordinator:

Misty Kesterson  
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### Department Contact:

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## 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.