

ACADEMIC MAP

Kinesiology - Exercise Science – Strength & Conditioning Specialization, Bachelor of Science



First Year

Fall		Hours
UNIV 1101	University Seminar I	1
ENGL 1301	Writing and Rhetoric I	3
KINE 2313	Foundations of Kinesiology	3
MATH 1442	Statistics for Life	4
POLS 2306	State and Local Government	3
Creative Arts Core Requirement		3
Hours		17

Spring

UNIV 1102	University Seminar II	1
BIOL 2401	Anatomy and Physiology I	4
ENGL 1302	Writing and Rhetoric II	3
or COMM 1311	or Foundation of Communication	
KINE 1106	Weight Training	1
KINE 2326	Essentials of Professional Fitness Training	3
KINE 2375	Nutrition for Human Performance	3
American History Core Requirement		3
Hours		18

Second Year

Fall		Hours
PSYC 2301	General Psychology	3
POLS 2305	U.S. Government and Politics	3
BIOL 2402	Anatomy and Physiology II	4
Language, Philosophy and Culture Core Requirement		3
Component Area Option Requirement		3
Hours		16

Spring

CHEM 1411	General Chemistry I	4
KINE 2321	Resistance Training and Conditioning Lab	3
SMGT 2314	Introduction to Sport Management	3
American History Core Requirement		3
Component Area Option Requirement		3
Hours		16

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
Hours		16

Spring

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
Hours		16

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
Hours		12
Spring		Hours
KINE 4693	Professional Field Experience I	6
KINE 4694	Professional Field Experience II	6
Hours		12
Total Hours		123



CAREER MAP

KINESIOLOGY- EXERCISE SCIENCE- STRENGTH AND CONDITONING

Bachelor of Science



The Exercise Science concentration provides students with a strong background in human performance, preparing them for professions such as an exercise specialist in corporate and private health & fitness, athletic strength & conditioning, exercise physiology, cardiac rehabilitation, exercise equipment representatives, and exercise physiology. Students may also prepare for graduate degree opportunities (M.S., Ph.D.) in other exercise and sports science fields. This concentration provides an opportunity for students to take prerequisite courses to become Certified Personal Trainers (CPT), Sport Scientists, and Strength & Conditioning Specialists.

CONTACT INFORMATION

Career Counselor:

Career and Professional Development
Center | UC 304 | 361.825.2628 |
career.center@tamucc.edu

Internship Coordinator:

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

Department Contact:

Daniel Newmire | IH 371 |
361.825.3693 |
daniel.newmire@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
- Teamwork/Collaboration
- Oral/Written Communications

CAREER OPTIONS

- Strength & Training Professional
- Physical Therapist Aide
- Certified Personal Trainer
- Exercise Physiologist
- Coach/ Trainer
- Fitness Facility Manager
- Professional/Medical School

STUDENT ORGANIZATIONS

- Kinesiology Club - Special Olympics
- Women in Healthcare
- Coastal Bend Health Professionals Initiative
- University Recreational Sports Programs

ADDITIONAL SOURCES OF INFORMATION

Occupational Outlook Handbook - 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.