



Example Course Progression Chart Department of Kinesiology

For students entering the major after June 1st 2013
Strength & Conditioning

How to read this chart:

- ALL KIN degree requirements are listed in **Bold**.
- Additional courses represent some “common” listed prerequisites for postgrad programs.
- Postgrad program prerequisites can vary. Students are advised to research specific programs.
- The KIN Dept. **cannot** guarantee enrollment in non-KIN courses. Students are advised to note the eligibility and prerequisites of non-KIN courses.

**** This schedule is meant to be used as an example and is flexible. Courses can be taken at other times than listed****

With the exception of KIN 340 (Fall only) and KIN 343 (Spring only)

American College of Sports Medicine: <http://www.acsm.org>

National Strength and Conditioning Association: <http://www.nasca.com>

Freshman Year

First Semester (15 credits)	
	Kin 100 level (BS Gen Ed)
	Math 127 (R2 Gen Ed)
	Chem 111 (PS Gen Ed)
	English Writing 112 (CW Gen Ed)
	First Year Seminar

Second Semester (14-18 credits)	
	Kin 100 level (BS Gen Ed)
	Math 128 (R2 Gen Ed)
	Psych 100 (SB Ged Ed)
	Ged Ed (optional)

Sophomore Year

Third Semester (15 credits)	
	Kin 270 – A&P I
	Kin 200 level
	Physics 131
	Gen Ed

Fourth Semester (15 credits)	
	Kin 272 – A&P II
	Kin 200 level
	Kin 245 (Kin elective)

Junior Year

Fifth Semester (15 credits)	
	Kin 300 level
	Kin 340 (Kin elective)
	Gen Ed

Sixth Semester (14 credits)	
	Kin 300 level
	Public Health 223/Psych 240/ Stats 240/Res Econ 212
	Kin 343 (Kin elective)

Senior Year

Seventh Semester (9+ credits)	
	Kin 400 level
	Kin 400 level
	KIN 397G

Eighth Semester (9+ credits)	
	Kin 400 level
	Kin 400 level

- Any questions pertaining to KIN degree requirements, course progression or graduate school prep, should be directed to your advisor and/or the peer advisors
- Certifications can be pursued after the completion of your Bachelor’s Degree
- Internships are recommended
- Students are responsible for fulfilling their General Education requirements
- Students are also responsible for fulfilling the 120 credits needed for graduation