



## STRENGTH AND CONDITIONING MINOR CURRICULUM

NAME \_\_\_\_\_  
ID # \_\_\_\_\_  
Major \_\_\_\_\_

### REQUIRED COURSES CR

KINES 411	Adv. Strength Training (Prereq. KINES 262, 264, 311)	3	_____
KINES 412	Strength Training Pract.1 (Prereq. KINES 411 or concurrent)	3	_____
KINES 413	Strength Training Pract.2 (Prereq. KINES 412)	3	_____
KINES 414	Strength Training Pract.3 (Prereq. KINES 413)	3	_____
KINES 305	Nutr. Fit & Spt. (Prereq. Biol 140 or 333)	3	_____
KINES 380	Exercise Physiology (Prereq. Biol 251)	3	_____
KINES 362	Biomechanics (Prereq. KINES 262)	3	_____

### ADMISSION PROCEDURE

1. 2.75 minimum cumulative GPA
2. Admitted a major
3. Completion of prerequisite courses
4. (KINES 262, KINES 264, KINES 311)
5. Completed observation hours
6. Current First Aid/CPR certification
7. Application to program by term due date
8. Interview by invitation

### RECOMMENDED COURSES CR

KINES 199	Human Motor Dev.	3	_____
KINES 266	Care/Prevention of Athletic Injuries (Prereq. KINES 262)	3	_____
KINES 312	Res/Assess. In Kines (Prereq. Stat 212)	3	_____
KINES 313	Psych Aspects of Mvmt (Prereq. Psych 105 or Soc 101)	3	_____
KINES 461	Motor Learning & Control (Prereq. Biol 251, KINES 262)	3	_____

### NOTES

1. Students must maintain a 2.75 cumulative GPA while participating in the minor.
2. Students must earn a "C" or better in the required curriculum courses.
3. First Aid, CPR, AED credentials must remain current while participating in the practicum courses (KINES 412, 413, 414).
4. Practicum experience off campus must be supervised by an approved credentialed individual and focus on programming for competitive or recreational clients.
5. Practicum expectations are for 120-150 hours/semester.
6. The practicum requirement is a minimum of 400 hours over 3 semesters.