

# EXERCISE SCIENCE 555231BS

## Strength and Conditioning

The following information has official approval of the **Department of Sport Science and Wellness Education**, but is intended only as a supplemental guide. Official degree requirements are established at the time of transfer and admission to the degree-granting college. *Completion of this degree within the identified time frame below is contingent upon many factors, including but not limited to: class availability, total number of required credits, work schedule, finances, family, course drops/withdrawals, successfully passing courses, prerequisites, among others.* The transfer process is completed through an appointment with your academic advisor.

\*Early transfer to the College of Health Professions can occur after completing 12 credits at the University of Akron, completion of at least one core science course and earning a 3.0 GPA or higher at The University of Akron.

*Italicized* courses fulfill General Education requirements. Unless a course is specified, refer to the General Education guide at [http://www.uakron.edu/advising/docs/General\\_Education\\_Guide.pdf](http://www.uakron.edu/advising/docs/General_Education_Guide.pdf)

1 <sup>st</sup> Year	Fall Semester	Credit Hours	Prerequisites
3100:200	<i>*Human Anatomy &amp; Physiology I (Natural Science Requirement)</i>	3	
3100:201	<i>*Human Anatomy &amp; Physiology I Lab (Natural Science Requirement)</i>	1	
	<i>*English Composition I Requirement (see <b>Important</b> below)</i>	3	Appropriate placement by advisor
	<i>*Math Requirement</i>	3-4	Appropriate placement by advisor
3750:100	<i>*Introduction to Psychology (Social Science)</i>	3	
5550:212	<i>*First Aid/CPR: Professional Rescuer</i>	2	
<b>Total</b>		<b>15-16</b>	

1 <sup>st</sup> Year	Spring Semester	Credit Hours	Prerequisites
3100:202	<i>*Human Anatomy &amp; Physiology II (Natural Science Requirement)</i>	3	3100:200
3100:203	<i>*Human Anatomy &amp; Physiology II Lab</i>	1	
	<i>*English Composition II Requirement (see <b>Important</b> below)</i>	3	3300:111 or equivalent
	<i>*Speech/Oral Communication Requirement</i>	3	
5550:125	Introduction to Exercise Science	1	
3850:100	<i>*Introduction to Sociology (Social Science)</i>	3	
	<i>*Natural Science Requirement (not Biology)</i>	1	
<b>Total</b>		<b>14</b>	

### Important:

- \*Courses required to be a candidate for admission
- English I & II must be completed with a "C" or better for transfer
- All required coursework used for graduation requires a "C" or higher (including general education and major classes)

2 <sup>nd</sup> Year	Fall Semester	Credit Hours	Prerequisites
5570:202	Stress Management	3	
5550:240	Care & Prevention of Athletic Injuries	3	3100:200, 3100:201 prerequisites 3100:202, 3100: 203 corequisites
5550:235	Concepts of Motor Development and Learning	3	
2740:120	Medical Terminology	3	
5550:150	Concepts of Health & Fitness	3	
<b>Total</b>		<b>15</b>	

2 <sup>nd</sup> Year	Spring Semester	Credit Hours	Prerequisites
5550:220	Health Promotion and Behavior Change	3	5550:150

5550:201	Kinesiology	3	3100:200, 3100:201 or 3100:202, 3100:203
7760:133	Nutrition Fundamentals	3	
3400:210 or 3400:221	<i>Humanities in the Western Tradition</i> <b>-OR-</b> <i>Humanities in the World Since 1300</i>	4	32 credits, English requirement completed 32 credits, English requirement completed
5550:160	Introduction to Coaching	3	
5550:202	Diagnosis of Motor Skills	<b>3</b>	
<b>Total</b>		<b>19</b>	

### 3<sup>rd</sup> Year Fall Semester

	<i>Humanities Requirement</i>	3	
5550:302	Physiology of Exercise & Lab	3	3100:200, 3100:201, 3100:202, 3100:203, and admission to the Sport Science and Wellness Program
5550:409	Sport Behavior	3	
	<i>Area Studies/ Cultural Diversity Requirement</i>	2	
5550:400	Musculoskeletal Anatomy I UE	3	3100:200, 3100: 201, 3100:202, 3100:203
5550:375	Sport Performance	3	
<b>Total</b>		<b>17</b>	

### 3<sup>rd</sup> Year Spring Semester

	<i>Area Studies/ Cultural Diversity Requirement</i>	2	
5550:327	Exercise Leadership	3	5550:302
5550:352	Strength and Conditioning Fundamentals	3	3100:200, 3100: 201, 3100:202, 3100:203
5550:401	Musculoskeletal Anatomy II LE	3	3100:200, 3100: 201, 3100:202, 3100:203
	<i>Humanities Elective Requirement</i>	3	
5550:426	Nutrition for Sports	3	7400:133
<b>Total</b>		<b>17</b>	

### 4<sup>th</sup> Year Fall Semester

	SSWE Elective (see SSWE advisor)	3	
5550:449	Organization/Administration: HCP	3	Senior level status and Permission only
5550:403	Exercise Testing	3	5550:302
5550:330	Exercise and Weight Control	3	5550:302
5550:406	Advanced Strength and Conditioning	3	5550:352
5550:453	Principles of Coaching	3	
<b>Total</b>		<b>18</b>	

### 4<sup>th</sup> Year Spring Semester

5550:460	Practicum	6	Permission of advisor
5550:462	Legal Aspects of Physical Activity	2	
5550:355	Exercise in Special Populations	<b>3</b>	5550:302, 5550:403
5550:404	Exercise Prescription	3	5550:403 or Permission
5550:465	Exercise Science Capstone	2	3100:200, 201, 202, 203
<b>Total</b>		<b>16</b>	

	<b>Minimum Credits for Degree</b>	<b>133</b>	
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**ALERT: 1) By the end of your first 48 credit hours attempted, you must have completed your General Education English, Math, and Communications (Speech) requirements; 2) By the end of your first 48 credit hours attempted, you must have declared a major and transferred to (been accepted by) a degree granting college at The University of Akron.**

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**TRANSFER TO COLLEGE OF HEALTH PROFESSIONS:** Students can arrange inter-college transfers through an appointment with their academic advisor; advisor contact information is listed in "My Akron." The inter-college transfer occurs upon completion of:

- All preadmission courses (\*) must be completed and posted to your University of Akron transcript
- Obtain an overall 2.5 grade point average (including transfer work) with a grade of “C” or better in 3300:111 and 112
- Obtain a 2.5 preadmission-course grade point average (including transfer work for the first 15 credits at UA)

Early transfer to the College of Health Professions can occur after completing 12 credits at the University of Akron, completion of at least one core science course and earning a 3.0 GPA or higher at The University of Akron.

(Roberts)