

## EXERCISE SCIENCE 555231BS

### Coaching & Conditioning

The following information has official approval of the **School of Sport Science and Wellness Education**, but is intended only as a supplemental guide.

*Italicized* courses fulfill General Education requirements. Unless a course is specified, refer to the General Education guide at <http://www.uakron.edu/general-education>

1 <sup>st</sup> Year	Fall Semester	Credit Hours	Prerequisites
3100:200	<i>*Human Anatomy &amp; Physiology I</i> (Natural Science requirement)	3	
3100:201	<i>*Human Anatomy &amp; Physiology I Lab</i> (Natural Science requirement)	1	
	<i>*English Composition I requirement (see <b>Important</b> below)</i>	3	Appropriate placement by advisor
	<i>*Math requirement (Quantitative Reasoning)</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	Human Anatomy & Physiology II Lab	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	<i>*Introduction to Exercise Science</i>	1	
3850:100	<i>*Introduction to Sociology (meets Social Science &amp; Domestic Diversity requirements)</i>	3	
<b>Total</b>		<b>14</b>	

#### Important:

- \*Preadmission courses must average 2.5 GPA with an overall GPA of 2.75 or higher for admission to the program.
- English I & II must be completed with a "C" or better
- All major coursework used for graduation requires a "C" or higher

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 100:202, 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>	

**ALERT: By the end of your first 48 credit hours attempted, you must have completed your General Education Writing, Quantitative Reasoning, and Speaking requirements.**

<b>2<sup>nd</sup> Year Spring Semester</b>			
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	
	<i>Art</i> requirement	3	See General Education guide
5550:160	Introduction to Coaching	3	
5550:202	Diagnosis of Motor Skills	<b>3</b>	
<b>Total</b>		<b>18</b>	

<b>3<sup>rd</sup> Year Fall Semester</b>			
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>Critical Thinking/Humanities</i> requirement (see note at bottom)	3	See General Education guide
5550:400	Musculoskeletal Anatomy I UE	3	3100:200, 3100: 201, 3100:202, 3100:203
5550:375	Sport Performance Principles	3	
<b>Total</b>		<b>15</b>	

<b>3<sup>rd</sup> Year Spring Semester</b>			
	Additional <i>Arts</i> <b>or</b> <i>Humanities</i> requirement	3	See General Education guide
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>Complex Systems Affecting Individuals in Society</i> requirement	3	See General Education guide
5550:426	Nutrition for Sports	3	7760:133
<b>Total</b>		<b>18</b>	

<b>4<sup>th</sup> Year Fall Semester</b>			
	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
	<i>Global Diversity</i> requirement	3	See General Education guide
<b>Total</b>		<b>18</b>	

<b>4<sup>th</sup> Year Spring Semester</b>			
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
5550:485	Exercise Science Capstone	2	5550: 302, 5550: 403
<b>Total</b>		<b>16</b>	
	<b>Minimum Credits for Degree</b>	<b>129-130</b>	

Note: *Critical Thinking* can double as a *Humanities* – see GE course listing (<http://www.uakron.edu/general-education>) or advisor

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