

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 st Year	Fall Semester	Credit Hours	Prerequisites
3100:200	<i>*Human Anatomy & Physiology I</i> (Natural Science requirement)	3	
3100:201	<i>*Human Anatomy & Physiology I Lab</i> (Natural Science requirement)	1	
	<i>*English Composition I requirement (see Important below)</i>	3	Appropriate placement by advisor
	<i>*Math requirement</i> (Quantitative Reasoning)	3-4	Appropriate placement by advisor
5550:125	*Intro to Exercise Science	1	
3750:100	<i>*Introduction to Psychology</i> (Social Science)	3	
Total		14-15	
1 st Year	Spring Semester		
3100:202	<i>Human Anatomy & Physiology II</i> (Natural Science Requirement)	3	3100:200
3100:203	Human Anatomy & Physiology II Lab	1	
	<i>*English Composition II requirement (see Important below)</i>	3	3300:111 or equivalent
7600:105 or 7600:106	<i>*Intro to Public Speaking</i> OR <i>*Effective Oral Communication</i>	3	
5550:150	Concepts of Health & Fitness	3	
3850:100	<i>*Introduction to Sociology</i> (meets Social Science & Domestic Diversity requirements)	3	
Total		16	

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 nd Year	Fall Semester		
5570:202	Stress Management	3	Sophomore standing
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	
	Arts	3	See General Education guide
Total		15	

2 nd Year	Spring Semester		
5550:220	Health Promotion and Behavior Change	3	5550:150
5550:201	Kinesiology	3	3100:200, 3100:201 or 3100:202, 3100:203
	<i>Critical Thinking/Humanities</i> (see note at bottom)	3	See General Education guide
5550:160	Introduction to Coaching	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
Total		15	

3rd Year		Fall Semester	
5550:426	Nutrition for Sports	3	
5550:375	Sport Performance (fall only)	3	
	<i>Arts or Humanities</i> requirement	3	See General Education guide
5550:400	Musculoskeletal Anatomy I UE	3	3100:200, 3100: 201, 3100:202, 3100:203
	<i>Complex Systems Affecting Individuals in Society</i> requirement	4	See General Education guide
Total		16	

3rd Year		Spring Semester	
	<i>Global Diversity</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
5550:409	Sport Behavior	3	
Total		15	

4th Year		Fall Semester	
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
5550:462	Legal Aspects of Physical Activity	2	
Total		14	

4th Year		Spring Semester	
5550:460	Practicum	6	Permission of advisor
5550:355	Exercise in Special Populations	3	5550:302, 5550:403
5550:404	Exercise Prescription	3	5550:403
5550:485	Exercise Science Capstone	2	5550: 302, 5550: 403
Total		14	
	Minimum Credits for Degree	119-120	

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

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