Kinesiology (KINE) 2024-2025
Strength and Conditioning Concentration

Bachelor of Science Degree in Kinesiology

To schedule an advising appointment: https://kinesiology.gmu.edu/kinesiology/bs

❖ **Mason Core, 30 credits:** For current list of approved courses: https://catalog.gmu.edu/mason-core/

- Lower-Level Written Communication – 3 credits **(ENGH 101[C])**
- Oral Communication – 3 credits
- Quantitative Reasoning – 3 credits **(STAT 250[C] or EDRS 220[C])**
- Information Technology and Computing – 3 credits
- Arts – 3 credits
- Global Understanding – 3 credits
- Literature – 3 credits
- Natural Science – 8 credits **(BIOL 124[C] & BIOL 125[C])**
  ** BIOL 124/125 fulfill this requirement for KINE majors only. If you change your major, BIOL 124/125 DO NOT meet the Mason Core Requirement**
- Social & Behavioral Science – 3 credits
- Global History – 3 credits
- Upper-Level Written Communication – 3 credits **(ENGH 302[C])**
- Synthesis/Capstone Experience **(KINE 490)**
  Fulfilled by KINE 490 Kinesiology Internship (Mason Core), listed in professional sequence below

❖ **Professional Sequence, 46 credits:** (must maintain GPA of 3.0 and a C or better)

- BIOL 124: Anatomy and Physiology I
- BIOL 125: Anatomy and Physiology II
- ATEP 120: First Aid & Emergency Care
- ATEP 300: Functional Anatomy
- KINE 100: Introduction to Kinesiology
- KINE 200: Exercise Instruction
- KINE 260: Behavior Mod for Phys Act
- KINE 295: Principles of Human Nutrition
- KINE 310: Exercise Physiology I
- KINE 340: Exer. Testing & Evaluation
- KINE 341: Kinesiology Practicum
- KINE 350: Exercise Prescription & Program
- KINE 355: Intro. to Biomechanics
- KINE 404: Motor Control Theory and Application
- KINE 450: Research Methods (fulfills writing intensive requirement

❖ **Strength and Conditioning Concentration, 33 credits: Students must maintain at least a 3.0 GPA in order to remain in the concentration**

- KINE 250: Endurance Sport Program Design
- SPMT 320: Psychology of Sport
- KINE 360: Strength Training: Concepts and Applications
- KINE 361: Advanced Resistance Training Techniques
- KINE 405: Facility Administration and Management
- KINE 409: Strength and Conditioning
- KINE 420: Sport and Exercise Nutrition
- KINE 490: Kinesiology Internship (Mason Core Synthesis)

❖ **Electives, 11 credits**

Select an additional 11 credits from any of the courses in the university catalog.
Note: Students are encouraged to complete BIOL 103 and BIOL 105 as electives before taking BIOL 124.

Total: 120 credits

Suggested Academic Plan (to be supplemented by Mason Core and Electives): MUST earn and maintain a GPA of 3.0 for concentration admission

Semester	Course	Credits	Prerequisites
1st Year Fall	KINE 100: Introduction to Kinesiology	3	
	BIOL 103/105: Introductory Biology II with lab	4	
1st Year Spring	BIOL 124: Human Anatomy & Physiology	4	
	KINE 200: Exercise Instruction	3	*BIOL 124[C] prerequisite or co-requisite*
2nd Year Fall	BIOL 125: Human Anatomy & Physiology	4	*BIOL 124[C]*
	ATEP 300: Functional Anatomy	3	*BIOL 124[C]*
	KINE 260: Behavioral Modification	3	
2nd Year Spring	KINE 295: Principles of Human Nutrition	3	
	KINE 310: Exercise Physiology I	3	*BIOL 124[C], BIOL 125[C]*
	KINE 340: Exercise Testing and Evaluation	3	*BIOL 124[C], BIOL 125[C], ATEP 300[C], KINE 310[C] pre-requisite or co-requisite*
3rd Year Fall **Declare concentration**	ATEP 120: First Aid & Emergency Care	2	
	KINE 361: Advanced Resistance Training Techniques	3	*KINE 360[C and] co-requisite*
	KINE 350: Exercise Prescription and Programming	3	*KINE 200[C], 310[C], 340[C], ATEP 300[C]*
	KINE 355: Introduction to Biomechanics	3	*BIOL 124[C], BIOL 125[C], ATEP 300[C]*
	KINE 360: Strength Training: Concepts and App.	3	*KINE 200[C], KINE 310[C], KINE 340[C], ATEP300[C]*
3rd Year Spring	KINE 341: Kinesiology Practicum	3	*KINE 200[C], 310[C], 350[C], 340[C], Current CPR/AED/First Aid, Junior standing*
	KINE 250: Endurance Sport Program Design	3	*BIOL 124[C], BIOL 125[C], KINE 200[C]*
	ENGH 302: Advanced Composition	3	*ENGH 101[C], Literature, completion of 45 credits*
	KINE 420: Sport and Exercise Nutrition	3	*KINE 310[C], KINE 320[C]*
	STAT 250: Introductory Statistics I OR EDRS 220: Intro. to Applied Quantitative Analysis	3	
4th Year Fall	KINE 404: Motor Control Theory and Application	3	*KINE 310[C], KINE 355[C]*
	KINE 409: Strength and Conditioning	3	*KINE 360[C], KINE 361[C] and admission to the Concentration*
	KINE 450: Research Methods (Writing Intensive Core)	3	*ENGH 302, KINE 330[C], KINE 350[C], STAT 250[C] or EDRS 220[C] or SOCI 313[C], Junior or senior standing*
	SPMT 320: Psychology of Sport	3	
4th Year Spring	KINE 490: Kinesiology Internship- Capstone	12	*KINE 341[C], KINE 404[C], Senior standing*
	KINE 405: Facility Administration and Management	3	*KINE 341[C], KINE 360[C], 60 Credits. KINE 490 Recommended corequisite*

Academic Requirements: 120 total credits; 45 upper-level credit hours; 30-hour GMU residency requirement; completion of Mason Core courses; students must earn a C or better in BIOL 124 and 125, EDRS 220 or STAT 250, and *all* professional sequence and concentration courses.

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Suggested Transfer Academic Plan:

- Assumes completion of KINE 100, BIOL 124, 125, and STAT 250 with a C or better and selected Mason Core classes.
- Must maintain GPA of at least 2.5 and a C or better in *all* professional sequence courses.
- Up to 38 credits of electives will need to be added to this plan depending on the number of credits that are transferred into Mason.

Semester	Course	Credits	Prerequisites
1st Year Fall	ENGH 302: Advanced Composition	3	*ENGH 101[C], Literature, Completion of 45 credits*
	KINE 260: Behavioral Modification	3	
	ATEP 300: Functional Anatomy	3	*BIOL 124[C]*
	KINE 200: Exercise Instruction	3	
1st Year Spring	KINE 310: Exercise Physiology I	3	*BIOL 124[C], BIOL 125[C]*
	KINE 340: Exercise Testing and Evaluation	3	*BIOL 124[C], BIOL 125[C], ATEP 300[C], KINE 310[C] pre-requisite or co-requisite*
	KINE 295: Principles of Human Nutrition	3	
	SPMT 320: Psychology of Sport	3	
	ATEP 120: First Aid & Emergency Care	2	
1st Year Summer	KINE 350: Exercise Prescription and Programming	3	*KINE 200[C], 310[C], 340[C], ATEP 300[C]*
	KINE 355: Introduction to Biomechanics	3	*BIOL 124[C], BIOL 125[C], ATEP 300[C]*
2nd Year Fall	KINE 341: Kinesiology Practicum	3	*KINE 200[C], 310[C], 350[C], 340[C], Current CPR/AED/First Aid, junior standing*
	KINE 360: Strength Training: Concepts and App	3	*KINE 200[C], KINE 310[C], KINE 301[C], ATEP 300[C] KINE 361[C] required co-requisite*
	KINE 361: Advanced Resistance Training Techniques	3	*KINE 360[C] required co-requisite*
	KINE 404: Motor Control Theory and Application	3	*KINE 310[C], KINE 355[C]*
	KINE 420: Sport and Exercise Nutrition	3	*KINE 310[C], KINE 295[C]*
2nd Year Spring	KINE 250: Endurance Sport Program Design	3	*BIOL 124[C], BIOL 125[C], KINE 200[C]*
	KINE 450: Research Methods	3	*ENGH 302, KINE 330[C], KINE 350[C], STAT 250[C], or EDRS 220[C] or SOCI 313[C] junior or senior standing*
	KINE 409: Strength and Conditioning	3	*KINE 360[C], KINE 361[C], and admission to concentration*
	KINE 405: Facility Administration and Management	3	*60 credits and KINE 341[C], KINE 360[C]. KINE 490 Recommended corequisite.*
2nd Year Summer	KINE 490: Kinesiology Internship – Capstone	12	*KINE 341[C], KINE 404[C], Senior standing*

Academic Requirements: 120 total credits; 45 upper-level credit hours; 30-hour GMU residency requirement; completion of Mason Core courses; GPA of at least 2.5 and a C or better in BIOL 124 and 125, STAT 250, and *all* professional sequence courses.

KINE Advising Questions

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