

Kinesiology (KINE) 2023-2024

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)
- 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

** 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**

❖ **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
1 st Year Fall	KINE 100: Introduction to Kinesiology	3	
	BIOL 103/105: Introductory Biology II with lab	4	
1 st Year Spring	BIOL 124: Human Anatomy & Physiology	4	
	KINE 200: Exercise Instruction	3	BIOL 124 ^C prerequisite or co-requisite
2 nd Year Fall	BIOL 125: Human Anatomy & Physiology	4	BIOL 124 ^C
	ATEP 300: Functional Anatomy	3	BIOL 124 ^C
	KINE 260: Behavioral Modification	3	
2 nd 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
3 rd 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
3 rd Year Spring	KINE 360: Strength Training: Concepts and App.	3	KINE 200 ^C , KINE 310 ^C , KINE 340 ^C , ATEP300 ^C
	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
4 th Year Fall	STAT 250: Introductory Statistics I OR EDRS 220: Intro. to Applied Quantitative Analysis	3	
	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, STAT 250 ^C , or EDRS 220 ^C or SOCI 313 ^C , Junior or senior standing
4 th Year Spring	SPMT 320: Psychology of Sport	3	
	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
1 st 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	
1 st 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	
1 st 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
2 nd 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
2 nd 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, 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.
2 nd 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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