Exercise Science B.S.K. (Emphasis in Tactical Strength and Conditioning)

Degree Requirements: 124 Credit Hours

See Core Curriculum for required courses in Area A1 through Area E.

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>General Requirements (Core A - E) 1</th>
<th>42</th>
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</thead>
<tbody>
<tr>
<td>Additional Requirements</td>
<td>4</td>
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</tr>
<tr>
<td>Area F - Courses Appropriate to Major 2, 3</td>
<td>18</td>
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</tbody>
</table>

KINS 2511 Human Anatomy and Physiology I Laboratory
KINS 2512 Human Anatomy and Physiology II Laboratory
KINS 2531 Human Anatomy and Physiology I
KINS 2532 Human Anatomy and Physiology II
MATH 1112 College Trigonometry
PHYS 1111K Introductory Physics I
KINS 2535 Introduction to Exercise Science

Major Requirements 28

KINS 3130 Research Methods in Kinesiology
KINS 3132 Foundations of Exercise and Sport Psychology
KINS 3230 Motor Control, Coordination, and Skill
KINS 3541 Structural Kinesiology
KINS 3542 Physiological Aspects of Exercise
KINS 3543 Biomechanical Analysis of Movement
KINS 4130 Administrative Principles in Kinesiology
KINS 4231 Fitness Evaluation and Exercise Prescription

Tactical Strength and Conditioning Emphasis 32

The emphasis in Tactical Strength and Conditioning prepares students for the Tactical Strength and Conditioning – Facilitator certification and to provide emergency medical treatment. Certifications: Tactical Strength and Conditioning (NSCA).

KINS 3430 Principles of Coaching
KINS 3431 Psychology of Coaching
HSCF 3710 Worksite Wellness and Safety
NTFS 3630 Sports Nutrition
KINS 4420 Sport Conditioning Laboratory
KINS 4099 Selected Topics in Kinesiology (Principles of Strength and Conditioning)
KINS 4099 Selected Topics in Kinesiology (Tactical Strength and Conditioning)
KINS 4799 Internship in Exercise Science

Program Admission Criteria

- Admission to Georgia Southern University
- A total institution GPA of 2.0 or better on all course work attempted (transfer course work and work completed at Georgia Southern University are considered)
- Completed a minimum of 30 credit hours
- A minimum grade of “C” in all Area D and F course work attempted

Honors Program Progression Requirements

To graduate with Honors in Exercise Science, a student must:

- be admitted to the University Honors Program
- successfully complete and present an Honors Thesis or Capstone Project
- be in good standing in the University Honors Program at the time of graduation

Program Progression Criteria

- Students must earn a minimum grade of “C” in all courses in Area F and within the major requirements, including guided major electives.
- Students must also earn a minimum grade of “C” in a prerequisite course prior to registering for an advanced course.
- If a student receives a grade of “D” or “F” in a course listed in Area F and/or within the major requirements, including guided major electives, the student can repeat said course no more than 2 times.
- Students must show proof of CPR/AED certification prior to completing KINS 3452.
- To be eligible for internship, students must have a total institution GPA of 2.0 or better, and completed all core curriculum and major degree requirements, earning a grade of “C” in all courses in Area F and within the major requirements, including courses taken within the tracks. Students registering for less than 12 hours of internship can take other coursework, but the coursework must be approved by the program coordinator.
- Internships must be approved by the internship coordinator.

Note: Exercise Science Majors must complete Fundamentals to include:

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>CHEM 1211K Principles of Chemistry I</th>
<th>4</th>
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<tbody>
<tr>
<td></td>
<td>CHEM 1212K Principles of Chemistry II</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>PSYC 1101 Introduction to Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

Students not able to complete Fundamentals in Areas A2, D, and F will take these courses as part of their selected emphasis area.