



MISSISSIPPI STATE UNIVERSITY™
DEPARTMENT OF KINESIOLOGY
 Strength & Conditioning

- 124 total credits required
- Community college transfer hours may not exceed 62 hours toward this curriculum.
- Please review your DegreeWorks audit before each advisement meeting (see MSU MyState)
- It is each student's responsibility to determine and obtain coursework required for any post-graduate studies and communicate those requirements with his/her advisor.
- Any questions regarding curriculum or advisement can be answered by logging into the Kinesiology Advising Hub or through your myState
- General Education Requirements and MSU Course Catalog may be found on MSU Office of the Registrar website

GENERAL EDUCATION COURSES (35 hrs.)	Hrs.
ENGLISH (6 hrs.)	
EN 1103 English Comp I (prerequisite: ACT English score 17 or above or EN 0103) or EN 1163 Accelerated Comp I (prerequisite: ACT English score 29 or above)	3
EN 1113 English Comp II (prerequisite: English Comp I or Accelerated Comp I) or EN 1173 Accelerated Comp II (prerequisite: Accelerated Comp I or ACT English score 28 or higher)	3
CREATIVE DISCOVERY (3 hrs.)	
PE 1323 History & Appreciation of Dance or other Gen. Ed. Creative Discovery (see Gen. Ed. Requirements: Creative Discovery)	3
MATH (3 hrs.)	
ST 2113 Elementary Stats (prerequisite: ACT Math subscore 24 or a grade of C or better in MA 1313)	3
SCIENCES (11 hrs.)	
BIO 1134 Biology I or other Gen. Ed. 4-hr BIO Natural Sci. (see Gen. Ed. Requirements: Natural Science)	4
CH 1213 Chemistry I & CH 1211 Investig. in Chem. I or other Gen. Ed. 4-hr CH Natural Sci. (see Gen. Ed. Requirements: Natural Sci.)	4
Natural Science: suggest BIO 1004 (prerequisite: any course in bio. sciences) or other Gen. Ed. Natural Sci. (see General Ed. Requirements: Natural Sci.)	3-4
HUMANITIES (6 hrs.)	
Choose 1 Gen. Ed. Humanities (see Gen. Ed. Requirements: Humanities)	3
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SOCIAL SCIENCES (6 hrs.)	
PSY 1013 General Psychology or other Gen. Ed. Social/Behavioral Sci. (see Gen. Ed. Requirements: Social/Beh. Sci.)	3
SO 1003 Intro. to Sociology or other Gen. Ed. Social/Beh. Sci. (see Gen. Ed. Requirements: Social/Beh. Sci.)	3

KINESIOLOGY EXERCISE SCIENCE CORE (27 hrs.)	Hrs.
EP 3304 Exercise Physiology (prerequisite: BIO 1004 Anat. & Phys. or BIO 3014 Human Phys. & CH 1213 or CH 1043 *BIO 3014 typically offered spring only (prerequisite for BIO 3014: BIO 1134 & CH 1213 or BIO 2004 & CH 1043)	4
EP 3643 Applied Anatomy and Pathophysiology (prerequisite: BIO 1004 {typically offered spring only} or BIO 3004)	3
EP 4113 Fitness Programs and Testing Procedures (prerequisite: EP 3304)	3
EP 4183 Exercise and Weight Control (prerequisite: EP 3304)	3
EP 4504 Mechanical Analysis of Movement (prerequisite: EP 3233)	4
EP 4603 Physical Activity Epidemiology (prerequisite: EP 3304)	3
EP 4814 Exercise Science Internship (prerequisite: senior status, completion of at least 12 hrs. within STCN CONCENTRATION COURSES, Intern. Coordin. approval, see Kines. Advising Hub for important forms).	4
KI 2023 Foundations of Health Education	3

KINESIOLOGY CORE COURSES (15 hrs.)	Hrs.
MA 1313 College Algebra (prerequisite: ACT Math subscore 19 or prereq. grade of C or better in MA 0103) or higher math	3
EP 2013 Fundamentals of Kinesiology (suggested completion by end of Freshman year)	3
EP 3233 Anatomical Kinesiology (suggested completion by end of Sophomore year)	3
Choose 3, 1-hour P.E. activity courses (see MSU Course Catalog for descriptions)	3
Choose 1 Kinesiology Core Course Selection below (see MSU Course Catalog for descriptions/options) SS 4003 Philosophy of Sport & Physical Activity SS 4303 Globalization & Sport PE 3163 Sport Psychology EP 3183 Exercise Psychology	3

STRENGTH & CONDITIONING CONCENTRATION COURSES (18 hrs.)	Hrs.
PE 3313 Sport Physiology (prerequisite: EP 3304) (typically fall only)	3
EP 4153 Training Techniques for Exercise & Sport (prerequisite: EP 3304)	3
PE 4283 Sport Biomechanics (prerequisite: BIO 1004 or BIO 3004) (typically spring only)	3
PE 4533 Developing Coaching Expertise (typically fall only)	3
FNH 4223 Sport Nutrition (prerequisite: FNH 2293)	3
EP 4813 Strength & Conditioning Practicum (prerequisite: senior status, having previously completed or being concurrently enrolled in 6 of the 15 hours within the STCN concentration)	3

KINESIOLOGY APPROVED ELECTIVES (12 hrs.)	Hrs.
Coursework must pertain to professional focus area, & consent of advisor is required prior to enrollment. Combination of courses taken must total 12 credit hours.	12

ADDITIONAL REQUIREMENTS (17 hrs.)	Hrs.
BIO 3004 Human Anat. (typically offered Fall only)	4
BIO 3014 Human Physiology (typically spring only) (prerequisite: BIO 1134 & CH 1213 or BIO 2004 & CH 1043 or equiv.)	4
KI 2603 Medical Terminology	3
Choose 1 of the communications-based course below: (see Course Catalog descriptions prior to selection) CO 1003 Fundamentals of Public Speaking CO 1013 Introduction to Communications CO 2253 Interpersonal Communication	3
Choose 1 of the writing-based courses below: (see Course Catalog descriptions prior to selection) EDF 3413 Writing for Thinking (prereq.: Eng. Comp. 1 & 2 or equivalent with C or better & junior standing) MGT 3213 Organizational Communication (prereq.: EN 1113 & junior standing) BIO 3013 Professional Writing for Biologists (prereq.: consent of instructor due to non-Bio. concentration)	3

KINESIOLOGY MAIN OFFICE: 662-325-2963

MSU DPT. OF KINESIOLOGY WEBSITE: <http://www.kinesiology.msstate.edu>