



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 (38 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
FINE ARTS (3 hrs.)	
PE 1323 History & Appreciation of Dance or other Gen. Ed. Fine Arts (see Gen. Ed. Requirements: Fine Arts)	3
MATH (6 hrs.)	
MA 1313 College Algebra (prerequisite: ACT Math subscore 19 or prereq. grade of C or better in MA 0103)	3
ST 2113 Introduction to Statistics (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 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

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KINESIOLOGY CORE COURSES (12 hrs.)	Hrs.
EP 2013 Fundamentals of Kinesiology (suggested completion by end of Freshman year)	3
EP 3233 Anatomical Kinesiology	3
Choose 3, 1-hour P.E. activity courses (see MSU Course Catalog for descriptions) or PE 1000 Play, Fitness and Physical Activity (a 3 hr. course)	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 (15 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/summer only)	3
PE 4533 Developing Coaching Expertise	3
FNH 4223 Sport Nutrition (prerequisite: FNH 2293) (online only)	3

KINESIOLOGY APPROVED ELECTIVES (15 hrs.)	Hrs.
Coursework must pertain to professional focus area, & consent of advisor is required prior to enrollment. Combination of courses taken must total 15 credit hours.	15

ADDITIONAL REQUIREMENTS (17 hrs.)	Hrs.
BIO 3004 Human Anatomy	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 (prerequisite: Eng. Comp. I & II or equivalent with C or better) (Junior standing) MGT 3213 Organizational Communication (prerequisite: EN 1113) (Junior standing) BIO 3013 Professional Writing for Biologists (prerequisite: 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>