

Certified Strength & Conditioning Specialist (CSCS) Pathway

- This pathway prepares students to sit for certification exams through the National Strength and Conditioning Association (NSCA). Specifically, this pathway encourages students to pursue the highest certification of Certified Strength and Conditioning Specialist (CSCS)
- Also, it is highly recommended that students consider applying to the UTEP Masters of Science in Kinesiology Fast Track program. Although there are lots of courses in strength & conditioning in the Kinesiology undergraduate curriculum, most of the “hands on” opportunities at advanced sites (UTEP Athletics, Ft. Bliss, Local Fitness Facilities, Etc.) are found in the graduate program's curriculum
- [List of NSCA Certification programs](#)
- [UTEP Bachelors/Masters Fast Track Program Application](#)

The purpose of this degree plan example is to:

- Suggest specialized KIN elective courses that will best prepare you as a future strength and conditioning specialist
- Provide you with the most time efficient order to take the classes in

Fall Semester I

Course Number	Course Title	Hrs.
BIOL 1305	General Biology	3
BIOL 1107	Topics in Study of Life	1
KIN 1303	Foundations of Kinesiology	3
RWS 1301	Rhetoric and Composition 1	3
Math 1508	Precalculus	3
UNIV 1301	Critical Inquiry	3
		16

Spring Semester I

Course Number	Course Title	Hrs.
BIOL 2311	Human Anat.& Phys. I	3
BIOL 2111	Human Anat.& Phys. I Lab	1
PSYC 1303	Statistical Methods	3
HIST 1301	History of the US to 1865	3
RWS 1302	Rhetoric & Composition 2	3
HSCI 2302	Fundamentals of Nutrition	3
		16

Fall Semester II

Course Number	Course Title	Hrs.
BIOL 2113	Human Anat.&Phys. II	3
BIOL 2313	Human Anat.&Phys. II Lab	1
KIN 3303	Hist, Socio, Phil of Sport & PA	3
POLS 2310	Introduction to Politics	3
PSYC 1301	Introduction to Psychology	3
COMM 1301	Public Speaking	3
		16

Spring Semester II

Course Number	Course Title	Hrs.
PHYS 1403	General Physics I	4
POLS 2311	American Government & Politics	3
HIST 1302	History of the US Since 1865	3
KIN 3313	Assessment & Evaluation	3
KIN 3331	Anatomical KIN	3
		16

Fall Semester III

Course Number	Course Title	Hrs.
CHEM 1305	General Chemistry I	3
CHEM 1105	General Chemistry Lab I	1
KIN 3332	Motor Behavior	3
KIN 4312	Exercise Physiology	3
PHIL 2306	Ethics	3
DANC 1304	Dance Appreciation	3
		16

Spring Semester III

Course Number	Course Title	Hrs.
CHEM 1306	General Chemistry II	3
CHEM 1106	General Chemistry Lab II	1
KIN 4340	Scientific Principles & Practical Applications of S&C	3
	General Elective	3
RWS 3359	Technical Writing	3
		13

*Note: Additional KIN classes are acceptable
in the general electives section*

****Suggested Electives for CSCS exam*

Fall Semester IV

Course Number	Course Title	Hrs.
KIN 4330	Exercise Prescription & Programming	3
KIN 4314	Special Populations	3
KIN 4345	Strength & Conditioning Program Design	3
	General Elective	3
KIN 4313	Biomechanics	3
		15

Note: Additional KIN classes are acceptable in the general electives section

****Suggested Electives for CSCS exam*

Spring Semester IV

Course Number	Course Title	Hrs.
KIN 4301	Personal Training	3
KIN 4350	Internship in Strength & Conditioning	3
	General Elective	3
	General Elective	3
		12

Note: Additional KIN classes are acceptable in the general electives section

****Suggested Electives for CSCS exam*