

STRENGTH AND CONDITIONING (BA)

Strength and Conditioning Major

The Strength and Conditioning major is committed to student preparation and development of skills necessary to successfully engage in a career in Strength and Conditioning or to pursue post-undergraduate education. The major does this by collaborating with the National Strength and Conditioning Association to provide the opportunity for students to become certified personal trainers and Strength and Conditioning Specialists.

Transfer students must complete at least 40% of their major course work at Benedictine College to receive a B.A. in Strength and Conditioning.

Program Mission

The mission of the Strength and Conditioning program at Benedictine College is to provide a top tier education in the community of faith and scholarship. We are committed to the preparation and development of skills necessary to successfully engage in a career in Strength and Conditioning or to pursue post-undergraduate education. The Program collaborates with the National Strength and Conditioning Association.

Program Outcomes

1. Graduates will have the ability to assess the physical ability of an athlete specific to a sport or desired fitness level.
2. Graduates will have the ability to design a strength and conditioning program to meet the needs of an athlete or individual.
3. Graduates will understand the energy systems of muscle physiology and to have an ability to manipulate programs to meet those needs.
4. Graduates will demonstrate the ability to manage and utilize a strength and conditioning facility.
5. Graduates will reflect on his or her volunteer experiences related to field professionals, including how these experiences developed the ability to interact with people of diverse backgrounds and experiences as colleagues, clients, and students.

Program Requirements

Code	Title	Hours
EXSC-2260	Muscular Involvement for Resistance Trng	2
EXSC-2209	Personal & Community Health	2
EXSC-2210	First Aid & Personal Safety	2
EXSC-2240	Structural Human Anatomy	3-8
or BIOL-2242 & BIOL-2243	Human Anatomy & Physiology I and Human Anatomy & Physiology II	
EXSC-2260	Muscular Involvement for Resistance Trng	2
EXSC-2263	Care & Prevention of Athletic Injuries	3
Select one of the following options:		3-6
Option 1		
EXSC-3303 & EXSC-3340	Basic Nutrition and Sports Nutrition	
Option 2 ¹		
EXSC-3303 or EXSC-3340	Basic Nutrition Sports Nutrition	

EXSC-3310	Intro to Personal Training	3
EXSC-3320	Essentials of Strength & Conditioning	3
EXSC-3330	Advanced Weight & Plyometric Training	2
Select two Theory of Coaching courses of the following:		4
EXSC-3351	Theory Coaching & Officiating Football	
EXSC-3352	Theory Coaching & Officiating Basketball	
EXSC-3353	Thy Coach & Officiat Baseball & Softball	
EXSC-3354	Theory Coach & Officiating Track & Field	
EXSC-3355	Theory of Coaching & Officiating Soccer	
EXSC-3369	Theory Coaching & Officiating Volleyball	
EXSC-3350	Psychology of Sport & Methods Coaching	2
EXSC-3357	Tests & Measure Health & Exsc Science	3
EXSC-3366	Physiology of Exercise	3
EXSC-3380	Kinesiology & Biomechanical Analysis	3
EXSC-4402	Organiz & Admin Exer Sci & Sport	2
ATHC-4407	Pharmacology in Athletic Health Care	2
EXSC-4422 & EXSC-4423	Strength & Conditioning Practicum and Strength & Conditioning Practicum II	2
STRC-COMP	Senior Comprehensive Exam	0
An internship in Strength and Conditioning is strongly encouraged.		

Total Hours 46-54

¹ EXSC-3340 Sports Nutrition is preferred

Suggested Sequence of Courses for a Bachelor of Arts Degree in Strength and Conditioning

Course	Title	Hours
Freshman Year		
First Semester		
GNST-1000	BC Experience	1
ENGL-1010	English Composition	3
EXSC-1115	Wellness for Life	1
EXSC-2209	Personal & Community Health	2
BIOL-1107	Principles of Biology	4
Mathematical Reasoning		3
Electives		2
Hours		16
Second Semester		
EXSC-2210	First Aid & Personal Safety	2
Aesthetic Foundation		3
EXSC-2240	Structural Human Anatomy	3
Historical Inquiry Foundation		3
Swimming Course		1
Electives		2
EXSC-2260	Muscular Involvement for Resistance Trng	2
Hours		16
Sophomore Year		
First Semester		
Foreign Language		4
THEO-1100	Introduction to Theology	3

Aesthetic Experience		3
Person and Community Foundation		3
EXSC-2263	Care & Prevention of Athletic Injuries	3
Hours		16
Second Semester		
Foreign Language		4
PHIL-1750	Principles of Nature	3
Historical Inquiry Foundation		3
EXSC-3303 or EXSC-3340	Basic Nutrition or Sports Nutrition	3
EXSC-3330	Advanced Weight & Plyometric Training	2
Elective		1
Hours		16
Junior Year		
First Semester		
EXSC-3310	Intro to Personal Training	3
EXSC-3357	Tests & Measure Health & Exsc Science	3
Faith or Philosophical Inquiry Foundation		3
EXSC-3380	Kinesiology & Biomechanical Analysis	3
Natural World Foundation		4
Hours		16
Second Semester		
EXSC-3320	Essentials of Strength & Conditioning	3
Faith or Philosophical Inquiry Foundation		3
Theory of Coaching		2
EXSC-3366	Physiology of Exercise	3
Dance Class		1
Electives		4
Hours		16
Senior Year		
First Semester		
Faith or Philosophical Inquiry Foundation		3
ATHC-4407	Pharmacology in Athletic Health Care	2
Theory of Coaching		2
EXSC-3350	Psychology of Sport & Methods Coaching	2
EXSC-4422	Strength & Conditioning Practicum	1
Electives		6
Hours		16
Second Semester		
Faith or Philosophical Inquiry Foundation		3
EXSC-4402	Organiz & Admin Exer Sci & Sport	2
EXSC-4423	Strength & Conditioning Practicum II	1
Electives		10
STRC-COMP	Senior Comprehensive Exam	0
Hours		16
Total Hours		128