

STRENGTH AND CONDITIONING (BA)

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	Strength & Conditioning Practicum	2
& EXSC-4423	and Strength & Conditioning Practicum II	
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