

# STRENGTH AND CONDITIONING (BA)

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

Course	Title	Hours
<b>Freshman Year</b>		
<b>First Semester</b>		
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
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
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
<b>Hours</b>		<b>16</b>
<b>Sophomore Year</b>		
<b>First Semester</b>		
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
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
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
<b>Hours</b>		<b>16</b>
<b>Junior Year</b>		
<b>First Semester</b>		
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
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
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
<b>Hours</b>		<b>16</b>
<b>Senior Year</b>		
<b>First Semester</b>		
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
<b>Hours</b>		<b>16</b>
<b>Second Semester</b>		
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
<b>Hours</b>		<b>16</b>
<b>Total Hours</b>		<b>128</b>