

STRENGTH AND CONDITIONING CONCENTRATION

Students who complement their studies with a Strength and Conditioning Concentration will develop knowledge and hands-on skills related to human structure, physical and physiologic function, as well as training techniques to enhance human fitness and performance. Students also have the option to customize their path of study to include additional learning about health and human disease, nutrition, sports psychology, and/or management principles in fitness and athletics. This practical skill set in the field of exercise can be useful to meet personal and/or career-related goals.

Strength and Conditioning Concentration Requirements:

Required Courses:

SCI 251	Biology I Principles of Biology	3
SCI 352 & SCI L352	Exercise Physiology and Exercise Physiology Laboratory	4
SCI 353	Human Muscles and Movement	3
SCI 401 & SCI L401	Fundamentals of Strength and Conditioning and Fundamentals of Strength and Conditioning Laboratory	4

Students must pick 2 courses from the list below:

PSY 481	Exercise and Sport Psychology	3
SCI 383	Human Health and Disease	3
SCI 386	Sports Nutrition	3
SCI 402 & SCI L402	Applied Nutrition in Health and Disease and Applied Nutrition in Health and Disease Laboratory	4
SCI 467	Management Principles in Fitness and Athletics	3

A minimum of 20 credits is required for the concentration. If students take SCI 402 the lab must be taken.