

STRENGTH AND CONDITIONING MINOR

Students who enroll in the Strength and Conditioning minor will develop practical knowledge and hands-on skills related to exercise, which can be useful to meet personal and/or career-related goals. Students will have exposure to content such as the structure and movement of the human body, the body's physiologic response to physical activity, measures of human fitness, as well as training techniques to enhance human fitness and performance.

Strength and Conditioning Minor 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

A minimum of 14 credits is required for the minor.