Stenegth & Conditioning, BS/BA     The Strength & Conditioning concentration examines human movement from a variety of prespectives, including mechanical kinesiology, exercise physiology, and/or neuromechanics. The option is committed to student preparation and development of Sill necessary to successfully engage in a career in strength and conditioning, personal training, and/or fitess facility magnements.     Attuate must complete the following requirements in addition to the General Studies requirements. No grade lower thm "c-" will satisfy major requirements.     Health, Physical Education, and Recreation Strength & Conditioning Requirements.     Health, Physical Education, And Recreation Core Requirements.     Press 200 - Strength & Conditioning Strength & Conditioning Cequirements.     Strength & Conditioning Option     Press 200 - Strength Strength Strength Strength & Conditioning Cequirements.     Press 200 - Strength Strengt	Student ID: Student Name: Advisor Name:	Catalog: 2024-2025 Undergraduate Catalog Program: Strength & Conditioning, BS/BA			
Construction   Credit Hours   Term Taken   Grade   Gen Ed     HPER 219- Trebniques of the Olympic Lifts   1 Credit Hours   Image: Credit Hours <td< th=""><th>The Strength &amp; Conditioning concentration examines human movement from a variety of preparation and development of skills necessary to successfully engage in career in streng A student must complete the following requirements in addition to the General Studies re</th><th>gth and conditioning, personal training, and/or fitness facility equirements. No grade lower than "C-" will satisfy major requ</th><th>y management.</th><th>e option is committ</th><th>ed to student</th></td<>	The Strength & Conditioning concentration examines human movement from a variety of preparation and development of skills necessary to successfully engage in career in streng A student must complete the following requirements in addition to the General Studies re	gth and conditioning, personal training, and/or fitness facility equirements. No grade lower than "C-" will satisfy major requ	y management.	e option is committ	ed to student
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HPER 219 - Techniques of the Olympic Lifts   1 Credit Hours   Image: Credit Hours   Im	Health, Physical Education, And Recreation Core Require	ements			
HPER 219 - Techniques of the Olympic Lifts   1 Credit Hours   Implex 222 - Structural Kinesiology     HPER 222 - Structural Kinesiology   3 Credit Hours   Implex 222 - Structural Kinesiology     HPER 300 - Psychology of Sports & Physical Activities   3 Credit Hours   Implex 320 - Psychology of Sports & Physical Activities     HPER 300 - Physiology of Exercise   3 Credit Hours   Implex 320 - Prevention & Care of Sports Injuries   Implex 320 - Prevention & Care of Sports Injuries     HPER 300 - Physiology of Exercise   3 Credit Hours   Implex 320 - Prevention & Care of Sports Injuries   Implex 320 - Prevention & Care of Sports Injuries     HPER 300 - Physiology of Exercise   3 Credit Hours   Implex 320 - Prevention & Care of Sports Injuries   Implex 320 - Prevention & Care of Sports Injuries     Strength & Conditioning Option   Credit Hours   Implex 320 - Prevention & Care of Sports Injuries   Implex 320 - Prevention & Care of Sports Injuries     BIOL 312 - Human Anatony   4 Credit Hours   Implex 320 - Prevention & Care of Sports Injuries   Implex 320 - Prevention & Care of Sports Injuries     BIOL 312 - Human Anatony   4 Credit Hours   Implex 320 - Prevention & Care of Sports Injuries   Implex 320 - Prevention & Care of Sports Injuries     BIOL 312 - Human Anatony   2 Credit Hours   Implex 320 - Prevention & Care of Sports Injuries   Implex 320 - Prevention & Care of Sport	Course Name	Credit Hours	Term Taken	Grade	Gen Ed
HPER 222 - Structural Kinesiology   3 Credit Hours   Image: Structural Kinesiology     HPER 30 - Sports Nutrition   3 Credit Hours   Image: Structural Kinesiology     HPER 30 - Psychology of Sports & Physical Activities   3 Credit Hours   Image: Structural Kinesiology     HPER 30 - Psychology of Sports & Physical Activities   3 Credit Hours   Image: Structural Kinesiology     HPER 30 - Psychology of Exercise   3 Credit Hours   Image: Structural Kinesiology     HPER 400 - Research Opportantities in Kinesiology   4 Credit Hours   Image: Structural Kinesiology     Structural Kinesiology   4 Credit Hours   Image: Structural Kinesiology     BIOL 210 - Human Physiology   4 Credit Hours   Image: Structural Kinesiology     BIOL 210 - Human Physiology   4 Credit Hours   Image: Structural Kinesiology     BIOL 210 - Human Physiology   4 Credit Hours   Image: Structural Kinesiology     BIOL 210 - Human Physiology   4 Credit Hours   Image: Structural Kinesiology     BIOL 210 - Human Physiology   4 Credit Hours   Image: Structural Kinesiology     BIOL 210 - Human Physiology   2 Credit Hours   Image: Structural Kinesiology     BIOL 210 - Human Physiology   3 Credit Hours   Image: Structural Kinesiology     BIOL 210 - Human Phy				Grude	Junio
HPER 430 - Sports Nutrition   3 Credit Hours   Image: Sports Sports Provided Sports S					+
HPER 310 - Psychology of Sports & Physical Activities   3 Credit Hours   1     HPER 326 - Physicology of Exercise   3 Credit Hours   1     HPER 360 - Physicology of Exercise   3 Credit Hours   1     HPER 360 - Physicology of Exercise   3 Credit Hours   1     HPER Core Total: 16     Strength & Conditioning Option   Correctif Hours   Credit Hours   6     BIOL 210 - Human Anatomy   4 Credit Hours   1   1     BIOL 210 - Human Anatomy   4 Credit Hours   1   1     BUS 201 - Organizational Communications   3 Credit Hours   1   1     BUS 201 - Organizational Communications   3 Credit Hours   1   1     BUS 201 - Organizational Communications   3 Credit Hours   1   1     BUS 201 - Organizational Communications   3 Credit Hours   1   1     BUS 201 - Organizational Communications   3 Credit Hours   1   1   1     BUS 201 - Organizational Communications   3 Credit Hours   1   1   1   1     BUS 201 - Organizational Communications   3 Credit Hours   1   1   1   1   1   1   1   1					-
HPER 325 - Prevention & Care of Sports Injuries   3 Credit Hours   Image: Sport Sports Injuries     HPER 360 - Physiology of Exercise   3 Credit Hours   Image: Sport Spo		· · · · · · · · · · · · · · · · · · ·			
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HPER Core Total: 16     Strength & Conditioning Option     Course Name   Credit Hours     B(D. 210 - Human Anatomy   4 Credit Hours     B(D. 210 - Human Anatomy   4 Credit Hours     B(D. 210 - Human Anatomy   4 Credit Hours     B(D. 210 - Human Physiology   2 Credit Hours     B(D. 210 - Human Fix Year Seminar in Kinesiology   3 Credit Hours     HPER 410 - Neuromechanics of Human Movement   3 Credit Hours     HPER 420 - Mechanical Kinesiology   3 Credit Hours     HPER 420 - Mechanical Kinesiology   3 Credit Hours     HPER 434 - Senior Seminar in Kinesiology   3 Credit Hours     HPER 434 - Senior Seminar in Kinesiology   3 Credit Hours     HPER 434 - HIPER Internship 3 Credit Hours   4     PSYC 250 - Human Growth & Development   3 Credit Hours		0			
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HPER 290 - Research Opportunities in Kinesiology   3 Credit Hours   Image: Constraint of Human Movement     HPER 419 - Neuromechanics of Human Movement   3 Credit Hours   Image: Constraint of Human Movement     HPER 419 - Neuromechanics of Human Movement   3 Credit Hours   Image: Constraint of Human Movement     HPER 420 - Mechanical Kinesiology   3 Credit Hours   Image: Constraint of Human Movement     HPER 431 - Senior Seminar in Kinesiology   3 Credit Hours   Image: Constraint of Hours     HPER 434 - Senior Seminar in Kinesiology   3 Credit Hours   Image: Constraint of Hours     HPER 434 - HPER Internship - HPER Internship 3 Credit Hours   Image: Constraint of Hours   Image: Constraint of Hours     HPER 420 - Human Growth & Development   3 Credit Hours   Image: Constraint of Hours   Image: Constraint of Hours     Option Total: 37   Image: Constraint of Hours   Image: Constraint of Hours   Image: Constraint of Hours   Image: Constraint of Hours     Major Total: 53   Image: Constraint of Hours   Image: Constraint of Hours   Image: Constraint of Hours   Image: Constraint of Hours	CMIS 101 - Information Systems Concepts & Applications	3 Credit Hours			
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