

Student ID: \_\_\_\_\_  
 Student Name: \_\_\_\_\_  
 Advisor Name: \_\_\_\_\_

Catalog: 2024-2025 Undergraduate Catalog  
 Program: Strength & Conditioning, BS/BA

**Strength & Conditioning, BS/BA**

The Strength & Conditioning concentration examines human movement from a variety of perspectives, including mechanical kinesiology, exercise physiology, and/or neuromechanics. The option is committed to student preparation and development of skills necessary to successfully engage in career in strength and conditioning, personal training, and/or fitness facility management.

A student must complete the following requirements in addition to the General Studies requirements. No grade lower than "C-" will satisfy major requirements.

Students wanting to pursue a Bachelor of Arts degree must complete the Additional BA Requirements.

**Health, Physical Education, and Recreation Strength & Conditioning Requirements**

**Health, Physical Education, And Recreation Core Requirements**

Course Name	Credit Hours	Term Taken	Grade	Gen Ed
HPER 219 - Techniques of the Olympic Lifts	1 Credit Hours			
HPER 222 - Structural Kinesiology	3 Credit Hours			
HPER 430 - Sports Nutrition	3 Credit Hours			
HPER 310 - Psychology of Sports & Physical Activities	3 Credit Hours			
HPER 325 - Prevention & Care of Sports Injuries	3 Credit Hours			
HPER 360 - Physiology of Exercise	3 Credit Hours			

**HPER Core Total: 16**

**Strength & Conditioning Option**

Course Name	Credit Hours	Term Taken	Grade	Gen Ed
BIOL 210 - Human Anatomy	4 Credit Hours			
BIOL 312 - Human Physiology	4 Credit Hours			
BUS 201 - Organizational Communications	3 Credit Hours			
CMIS 101 - Information Systems Concepts & Applications	3 Credit Hours			
HPER 199 - First Year Seminar in Kinesiology	2 Credit Hours			
HPER 290 - Research Opportunities in Kinesiology	3 Credit Hours			
HPER 419 - Neuromechanics of Human Movement	3 Credit Hours			
HPER 420 - Mechanical Kinesiology	3 Credit Hours			
HPER 433 - Applied Exercise Science	3 Credit Hours			
HPER 434 - Senior Seminar in Kinesiology	3 Credit Hours			
• HPER 441 - HPER Internship - HPER Internship	3 Credit Hours			
PSYC 250 - Human Growth & Development	3 Credit Hours			

**Option Total: 37**

**Major Total: 53**

**Notes:**