

# EXERCISE SCIENCE, PHYSICAL EDUCATION, & RECREATION: STRENGTH & CONDITIONING CONCENTRATION, BACHELOR OF SCIENCE

The Strength & Conditioning concentration is designed from the National Strength & Conditioning Association (NSCA) standards and CSU Pueblo is a recognized school with the NSCA. The course work includes classes on:

- human anatomy & physiology,
- exercise physiology,
- kinesiology/biomechanics,
- nutrition,
- principles of strength & conditioning
- exercise technique/exercise prescription with concentration in anaerobic exercise,
- and program design as related to strength & conditioning.

The BS degree in EXPER prepares program graduates for professional positions in worksite, clinical, school, fitness, government, and community settings.

- Graduates of the Strength & Conditioning Concentration are prepared to take the National Strength & Conditioning Association Certified Strength and Conditioning Specialist exam. Graduates can find employment in fitness and recreation facilities, high school & college athletics, and allied health industries.

Exercise Science, Physical Education, and Recreation students will:

1. Possess content knowledge and skills necessary for their perspective fields of study.
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting;
3. Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest;
4. Exhibit effective oral and written communication regarding subjects related to EXPER in individual and group setting.
5. Apply and demonstrate knowledge, skills and critical problem solving in a field-based setting.

Student Learning Outcomes for emphasis areas can be found on the EXPER curriculum maps.

## Specific Program Requirements

Course	Title	Credits
<b>Required General Education Courses</b>		<b>35</b>
BIOL 223 & 223L	Human Physiology and Anatomy I (GT-SC2) and Human Physiology and Anatomy I Lab (GT-SC1)	4
BIOL 224 & 224L	Human Physiology and Anatomy II (GT-SC2) and Human Physiology and Anatomy II Lab (GT-SC1)	4
CID 103	Speaking & Listening	3
MATH 101	Introductory College Mathematics (GT-MA1)	3
PSYC 151	Human Development (GT-SS3)	3
English		6
History		3
Humanities		6
Social Science		3
<b>Required Major Courses</b>		<b>27</b>
AT 232	First Aid	2
BIOL 112	Nutrition	3
EPER 101	Intro to EXPER	2
EPER 162 & 162L	Personal Health and Personal Health Lab	4
EPER 222	Behavior Facilitation	3
EPER 343	Research and Statistics	3
EPER 344 & 344L	Exercise Physiology and Exercise Physiology Lab	4
EPER 364	Kinesiology	3
EPER 461	Managing Events & Programs	3
<b>Required Concentration Courses</b>		<b>42</b>
AT 260	Injury/Illness Care and Prevention	3
AT 323	Functional Exercise Training	2
CIS 104	Introduction to Excel Spreadsheets	1
EPER 110L	Weight Training	1
EPER 201	Drugs and Healthy Lifestyles	3
EPER 301	Fitness Technology & Applications	1
EPER 310L	Adv Methods Strength & Conditioning	2
EPER 320	NSCA Test Preparation	3
EPER 350	Leadership & Ethics	3
EPER 432	Applied Sport & Exercise Psychology	3
EPER 436	Exercise Assessment & Prescription	3
EPER 440	Biomechanics	3
EPER 493	Seminar	2
EPER 498	Internship	6
HS 330 or AT 301	Epidemiology & Disease Prevention Physical Assessment	3
PSYC 205	Introduction to Sport Psychology	3
<b>Electives or Minor</b>		<b>16</b>
<b>Total Credits</b>		<b>120</b>

All HSHM Majors are required to:

- Complete a concentration of study with a cumulative GPA of 2.50 or higher.

- Earn a 2.0 overall GPA to enroll in 300 or 400-level courses in the department;
- Earn a minimum grade of a “C” in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of “D” or lower until a grade of “C” or higher is achieved; and
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses.
- Earn at least 120 credit hours with at least 40 upper-division credits.
- Successfully complete an internship or field experience course.
- Submit a graduation contract by the deadline the semester of graduation.

## Planning Sheet

Disclaimer: The Planning Sheet is designed as a guide for student's planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Course	Title	Credits
<b>Year 1</b>		
<b>Fall</b>		
CIS 104	Introduction to Excel Spreadsheets	1
ENG 101	Rhetoric & Writing I (GT-CO1)	3
EPER 101	Intro to EXPER	2
EPER 110L	Weight Training	1
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
MATH 101	Introductory College Mathematics (GT-MA1)	3
<b>Credits</b>		<b>14</b>
<b>Spring</b>		
AT 260	Injury/Illness Care and Prevention	3
BIOL 112	Nutrition	3
ENG 102	Rhetoric & Writing II (GT-CO2)	3
EPER 201	Drugs and Healthy Lifestyles	3
PSYC 151	Human Development (GT-SS3)	3
<b>Credits</b>		<b>15</b>
<b>Year 2</b>		
<b>Fall</b>		
BIOL 223	Human Physiology and Anatomy I (GT-SC2)	3
BIOL 223L	Human Physiology and Anatomy I Lab (GT-SC1)	1
CID 103	Speaking & Listening	3
EPER 222	Behavior Facilitation	3
PSYC 205	Introduction to Sport Psychology	3
Elective or Minor		3
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
AT 232	First Aid	2
BIOL 224	Human Physiology and Anatomy II (GT-SC2)	3
BIOL 224L	Human Physiology and Anatomy II Lab (GT-SC1)	1
General Education	Humanities and Social Sciences	6
Elective or Minor		3
<b>Credits</b>		<b>15</b>
<b>Year 3</b>		
<b>Fall</b>		
EPER 301	Fitness Technology & Applications	1
EPER 343	Research and Statistics	3

Elective or Minor		6
General Education	Humanities and History	6
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
EPER 310L	Adv Methods Strength & Conditioning	2
EPER 350	Leadership & Ethics	3
EPER 364	Kinesiology	3
EPER 432	Applied Sport & Exercise Psychology	3
HS 330 or AT 301	Epidemiology & Disease Prevention or Physical Assessment	3
<b>Credits</b>		<b>14</b>
<b>Year 4</b>		
<b>Fall</b>		
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 440	Biomechanics	3
EPER 461	Managing Events & Programs	3
EPER 493	Seminar	2
Elective or Minor		4
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
AT 323	Functional Exercise Training	2
EPER 320	NSCA Test Preparation	3
EPER 436	Exercise Assessment & Prescription	3
EPER 498	Internship	6
<b>Credits</b>		<b>14</b>
<b>Total Credits</b>		<b>120</b>