

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

The Strength & Conditioning concentration is designed from the National Strength & Conditioning Association standards including course work from:

- 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 certification. 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

Specific Core Requirements

Course	Title	Credits
EPER 101	INTRO TO EXPER	2.0
BIOL 112	NUTRITION	3
EPER 162	PERSONAL HEALTH	3.0

EPER 162L	PERSONAL HEALTH LAB	1.0
EPER 222	BEHAVIOR FACILITATION	3.0
AT 232	FIRST AID	2
EPER 343	RESEARCH AND STATISTICS	3.0
EPER 344	EXERCISE PHYSIOLOGY	3.0
EPER 344L	EXERCISE PHYSIOLOGY LAB	1.0
EPER 364	KINESIOLOGY	3.0
EPER 461	MANAGING PROGRAMS IN EXHPR	3.0
Total Credits		27

Specific Concentration Requirements

Course	Title	Credits
Required Courses		27
EPER Core Courses		
Required Concentration Courses		
CIS 104	INTRODUCTION TO EXCEL SPREADSHEETS	1
EPER 110L	WEIGHT TRAINING	1
EPER 201	DRUGS AND HEALTHY LIFESTYLES	3
PSYC 205	INTRODUCTION TO SPORT PSYCHOLOGY	3
AT 260	INJURY/ILLNESS CARE & PREVENTION	3
EPER 301	PERFORMANCE VIDEO ANALYSIS	1
EPER 310L	ADV METHODS STRENGTH & CONDITIONING	2
EPER 320	NSCA TEST PREPARATION	3
AT 323	FUNCTIONAL EXERCISE TRAINING	2
HS 330	EPIDEMIOLOGY AND DISEASE PREVENTION	3
or AT 301	PHYSICAL ASSESSMENT	
EPER 350	LEADERSHIP AND ETHICS	3
EPER 432	APPLIED SPORT & EXERCISE PSYCHOLOGY	3
EPER 436	EXERCISE ASSESSMENT	3
EPER 440	BIOMECHANICS	3
EPER 494	FIELD EXPERIENCE	6
Other Required Courses		
BIOL 223	HUMAN PHYSIOLOGY AND ANATOMY I	3
BIOL 223L	HUMAN PHYSIOLOGY AND ANATOMY I LAB	1
BIOL 224	HUMAN PHYSIOLOGY AND ANATOMY II	3
BIOL 224L	HUMAN PHYSIOLOGY AND ANATOMY II LAB	1
COMR 103	SPEAKING AND LISTENING	3
MATH 101	INTRODUCTORY COLLEGE MATHEMATICS	3
PSYC 151	HUMAN DEVELOPMENT	3
General Education: English		6
General Education: History		3
General Education: Humanities		6
General Education: Social Science		3
Courses Outside the Major		
Select 18 credits		18
Total Credits		120

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
Year 1		
Fall		
CIS 104	Introduction to Excel Spreadsheets	1
ENG 101	Rhetoric & Writing I (GT-CO1)	3
EPER 101	Intro to EXPER	2
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
General Education		3
	Credits	13
Spring		
AT 260	Injury/Illness Care and Prevention	3
BIOL 112	Nutrition	3
ENG 102	Rhetoric & Writing II (GT-CO2)	3
EPER 110L	Weight Training	1
PSYC 151	Human Development (GT-SS3)	3
	Credits	13
Year 2		
Fall		
BIOL 223	Human Physiology and Anatomy I (GT-SC2)	3
BIOL 223L	Human Physiology and Anatomy I Lab (GT-SC1)	1
COMR 103	Speaking and Listening	3
EPER 201	Drugs and Healthy Lifestyles	3
EPER 222	Behavior Facilitation	3
PSYC 205	Introduction to Sport Psychology	3
	Credits	16
Spring		
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
MATH 101	Introductory College Mathematics (GT-MA1)	3
General Education		3
Elective		2
	Credits	14
Year 3		
Fall		
EPER 301	Performance Video Analysis	1
EPER 343	Research and Statistics	3
General Education		6

Elective or Minor		4
	Credits	14
Spring		
HS 330 or AT 301	Epidemiology and Disease Prevention or Physical Assessment	3
EPER 310L	Adv Methods Strength & Conditioning	2
EPER 350	Leadership and Ethics	3
EPER 364	Kinesiology	3
EPER 432	Applied Sport & Exercise Psychology	3
	Credits	14
Year 4		
Fall		
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 440	Biomechanics	3
EPER 461	Managing Programs in EXHPR	3
Elective or Minor		6
	Credits	16
Spring		
AT 323	Functional Exercise Training	2
EPER 320	NSCA Test Preparation	3
EPER 436	Exercise Assessment	3
Elective or Minor		6
	Credits	14
Summer		
EPER 494	Field Experience	6
	Credits	6
	Total Credits	120