

Strength and Conditioning Minor

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The minor in Strength and Conditioning provides undergraduate students with an interdisciplinary knowledge about planning and designing training programs for a variety of athletes (e.g., high school athletes, professional athletes) and purposes (e.g., weight training, speed). This minor will also help prepare students for National Certification exams in Strength and Conditioning.

Students must have a GPA of 2.5 to complete the minor.

Required:

KINES 2019	First Aid and CPR for Physical Educators	1
KINES 2025	Conditioning Theory and Practice	3
KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 2053	Physical Activity and Nutrition	3
KINES 3153	Exercise Physiology	3
KINES 3201	Scientific Principles of Strength and Conditioning	3
KINES 3202	Strength and Conditioning Programming and Technique	3
KINES 3140	Practicum in Strength and Conditioning	1
Total Hours		20

Related Programs

- Kinesiology B.A.
- Sport Administration Minor