

Strength and Conditioning

FRESHMAN YEAR

Fall Semester	16 Credits
ENGL 1100	Writing I3
EXSS 1011	Introduction to EXSS3
BIOL 1200	Anatomy and Physiology I4
MATH 1700	Applied Statistics (QR)3
FYE	First Year Experience3

Spring Semester	16 Credits
ENGL 1200	Writing II.....3
BIOL 1300	Anatomy and Physiology II4
PSY 1100	Intro to Psychological Science (PL)3
	Gen Ed/WS3
	Gen Ed/Exploration3

JUNIOR YEAR

Fall Semester	14 Credits
EXSS 2300	Nutrition for Exercise and Sport3
EXSS 3012	Practicum in Strength and Conditioning 1-B1
EXSS 4200	Professional & Career Development ...3
EXSS 1450	Weight Training for Athletes1
	Gen Ed/ Exploration3
	Free elective3

Spring Semester	14 Credits
EXSS 3450	Exercise Testing & Prescription4
EXSS 1460	First Aid & CPR1
EXSS 3001	Assessment-Strength & Conditioning ..1
EXSS 4000	Fundamentals of Coaching3
EXSS 4002	Practicum in Strength and Conditioning 2-A2
	Free elective3

General Education: Foundation

- 3 credits Reading and Information Literacy (R and IL): First Year Experience
- 3 credits Writing (W): Writing I
- 3 credits Writing and Information Literacy (W and IL): Writing II
- 3 credits Quantitative Reasoning (QR) (MATH)
- 3 credits World Languages, Speaking and Listening (WS)

General Education: Exploration

- 3 credits Civic Learning (CV)
- 3 credits Diverse Perspectives (DP)
- 3 credits Ethical Reasoning (ER)
- 3 credits Fine Arts Expression and Analysis (FA)
- 3 credits Historical Inquiry and Analysis (HI)
- 3 credits Literary Inquiry and Analysis (LI)
- 3 credits Personal Wellness (PW)
- 3 credits Procedural and Logical Thinking (PL)
- 3 credits Scientific Inquiry and Analysis (SI)

General Education: Integration

- 9 credits AIA (3 of which must be Integrative High Impact Practice - IHIP) OR Minor (professional majors completing a minor or second major must include at least 9 credits in LA&S disciplines for that minor)

General Education: MAJ

- There may be major courses that have been approved to fulfill up to 3 General Education requirements (at least 9 credits). Varies by major and concentration.

SOPHMORE YEAR

Fall Semester	16 Credits
EXSS 2050	Functional Anatomy3
EXSS 2065	Research Methods3
EXSS 2071	Exercise Physiology I4
	Gen Ed/ Exploration3
	Gen Ed/ Exploration3

Spring Semester	17 Credits
EXSS 2400	Health Promotion (PW)3
EXSS 2072	Exercise Physiology II4
EXSS 3120	Strength & Conditioning3
EXSS 2023	Introduction to Sports Medicine3
EXSS 3011	Practicum in Strength and Conditioning 1-A1
	Gen Ed/ Exploration3

SENIOR YEAR

Fall Semester	15 Credits
EXSS 4003	Practicum in Strength and Conditioning 2-B2
EXSS 4005	Biomechanics & Motor Control of Human Movement4
EXSS 4040	Fitness Management.....3
	Gen Ed/ Integration (AIA)3
	Gen Ed/ Exploration3

Spring Semester	12 Credits
EXSS 4950	Internship (AIA/IHIP)6
	Gen Ed/ Integration (AIA)3
	Gen Ed/ Exploration3

Suggested 4-year plan of study. Completion of 120 credits required for graduation.