

SPORT STRENGTH AND CONDITIONING MINOR

Code	Title	Hours
Required Courses ^{1,2,3}		
BIOL U243 & U243L or EXSC U290	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab Functional Kinesiology I	4
EXSC U301	Exercise Physiology	4
EXSC U302	Biomechanics	3
EXSC U390	Field Experience	3
EXSC U457	Essentials of Strength and Conditioning	4
EXSC U459	Sport Nutrition	3
Register for CSCS Certification Exam (verify with Human Performance and Health department) ⁴		
Total Hours		21

¹ Completion of the minor does **not** guarantee certification.

² Up to 6 hours of General Education (<300 level) may be used to satisfy requirements of a minor.

³ Minimum grade of C is required for all coursework.

⁴ Certified Strength and Conditioning Specialist exam offered by the National Strength and Conditioning Association.