

10.3 B.S.S. Sports Strength and Conditioning Approved Program of Study

The B.S.S. in Sports Strength and Conditioning degree consists of 60 semester hours of General Education coursework and 63 semester hours of degree major courses.

General Education Core (31 Hours)	
Foundational Intellectual Skills (15 hours)	
Core Communication (6 Hours)	
ENG 101 - English Composition 1	3 hours
ENG 102 - English Composition 2	3 hours
Analytical Reasoning (6 Hours)	
CIS 146 - Trends in Computing Applications	3 hours
Select AR-MTH Elective	3 hours
Cultural Understanding (3 Hours)	
Select CU Elective	3 hours
Intellectual Breadth & Adaptiveness (16 Hours)	
Life & Physical Sciences (7 Hours)	
BIO 101 - Principles of Biology	3 hours
BIO 103 - Principles of Biology Lab	1 hour
Select One LPS Elective	3 hours
Arts & Humanities (3 Hours)	
Select A&H Elective	3 hours
Social Behavioral Sciences (6 Hours)	
Select 2 SBS Electives	6 hours
General Education Electives & Prerequisites (29 Hours)	
Sports Strength and Conditioning Prerequisites (20 hours)	
BIO 201 – Human Anatomy & Physiology I	3 hours
BIO 203 – Human Anatomy & Physiology I Lab	1 hour
BIO 202 – Human Anatomy & Physiology II	3 hours
BIO 204 – Human Anatomy & Physiology II Lab	1 hour
COM 201 – Public Speaking	3 hours
PSY 101 – Intro to Psychology	3 hours
SAR 200 – Sport Related Concussions	3 hours
SAR 220 – Sports First Aid	3 hours
GE Electives (9 hours)	
Select 3 GE Electives	9 hours

Degree specific requirements continue on the next page.

Continued degree specific requirements for Sports Strength and Conditioning

Strength & Conditioning Degree (63 Hours)	
Upper Division Core (15 hours)	
BUS 302 – Business Information Systems	3 hours
SAB 361 – Contemporary Issues in Sports	3 hours
SAB 334 – Ethics in Sports	3 hours
SAM 340 – Organization & Management in Sports	3 hours
SAM 400 – Leadership Principles in Sport	3 hours
Degree Major Courses (24 hours)	
SAB 368 – Psychology of Sports	3 hours
SAD 320 – Applied Sports Performance	3 hours
SAD 346 – Sports Medicine	3 hours
SAD 356 – Sports Nutrition	3 hours
SAR 320 – Exercise Physiology	3 hours
SAR 326 – Personal Training	3 hours
SAR 332 – Sports Strength & Conditioning	3 hours
SAR 380 – Exercise Test & Prescription	3 hours
Minor or PS Electives (12 Hours)	
Select 4 approved electives	12 hours
Research Core (6 hours)	
MTH 465 – Statistical Measurements in Sports	3 hours
SAR 490 – Senior Research Project	3 hours
Capstone – Internship (6 Hours)	
SPT 492 – Internship in Exercise Science	6 hours
Degree Total	123 hours