

STRENGTH & CONDITIONING MAJOR

Four-Year Plan

This is a suggested program guide. It is not to be interpreted as a contract. Changes may occur. Please see your program advisor before you register for courses. Revised 06/2026

YEAR	FALL	SPRING
First Year	BENV100 Becoming a Scholar 3 HFS 110 Introduction to Exercise Science 3 Writing Well Competency 3 Reading the Bible Competency 3 NTR 225 Fundamentals of Nutrition 3 HFS 156 Plyos and Power 1 Total 16	Speaking & Listening Competency 3 <i>Scientific Inquiry (pre-req. For BIO 230)</i> 4 HFS 255 Competitive Strength Training 2 HFS 157 Speed Training 1 HFS 201 Fitness Assessment Technique 3 NTR 236 Sport Nutrition 2 Total 15
Second Year	Understanding Self & Society Competency 3 HFS 220 Personal /Comm Health Concerns 3 BIO 230 Anatomy & Physiology 1 4 HFS 117 Introduction to Sport Medicine 3 Electives 3 Total 16	BENV200 Learning in Community 5 BIO 231 Anatomy & Physiology 2 4 HFS 280 Strength & Conditioning Practicum 2 HFS 316 Functional Kinesiology & Biomechanics 3 HFS 158 Agility Training 1 Total 15
Third Year	HFS 225 Commercial Recreation* OR HFS 235 Facility Management 3 HFS 321 Applied Exercise Physiology 4 HFS 355 Strength and Conditioning I 3 Electives 5 Total 15	BENV300 Cross-cultural Experience 3 Religious Understanding Competency 3 Creative Expression Competency 3 HFS 356 Strength and Conditioning 2 3 Electives 3 Total 15
Fourth Year	HFS 405 Strength & Cond. Field Experience 1 3 HFS 230 Sport Psychology 3 Electives 9 Total 15	HFS 406 Strength & Conditioning Field Experience 2 3 BENV400 Christian Values 2 Exploring the Past Competency 3 Electives 8 Total 16

124 semester credits needed to complete graduation requirements (includes arts/lecture credits)

Bold face print denotes major course requirements

If student requires Spanish courses to meet a language or cross cultural requirement, they need to be completed in the fall and spring of second year.

*Alternate Year Course (HFS 225 offered fall even years) (HFS 157 offered spring odd years. HFS 158 offered spring even years)

Major courses offered both semesters

Science sequence course prerequisites for HFS 316 and HFS 321.

Note: The Living Well Competency, Scientific Inquiry, and Critical Analysis Competencies are met by the major or courses required to be eligible for requirements for the major.