

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 6/22**

YEAR	FALL	SPRING
First Year	BENV100 Becoming a Scholar 3 HFS 110 Introduction to Exercise Science 3 Speaking and Listening Competency 3 HFS 255 Competitive Strength Training 2 Elective 4 Total 15	Writing Well Competency 3 Creative Expression Competency 3 PHY 105 The Physical World 4 HFS 265 Personal Strength Training 2 Understanding Self and Society Competency 3 Total 15
Second Year	Exploring the Past Competency 3 Reading the Bible Competency 3 BIO 230 Anatomy & Physiology 1 4 HFS 117 Introduction to Sport Medicine 3 NTR 225 Fundamentals of Nutrition 3 Total 16	BENV200 Learning in Community 5 HFS 310 Kinesiology 3 HFS 220 Personal/Com Health Concerns 3 HFS 301 Biomechanics of Physical Activity 3 Elective 1 Total 15
Third Year	HFS 225 Commercial Recreation* 3 HFS 230 Sport Psychology 3 HFS 320 Exercise Physiology 3 HFS 355 Strength and Conditioning I 3 NTR 260 Obesity Research & Sports Nutrition 3 Total 15	BENV300 Cross-cultural Experience 3 Religious Understanding Competency 3 HFS 356 Strength and Conditioning 2 3 Electives 6 Total 15
Fourth Year	Scientific Inquiry Competency 4 (if PHY105 not taken) Critical Analysis Competency 3 (if BIO 230 is not taken) NTR 240 Physical & Nutrition Assessment 2 Elective 7 Total 16	HFS 385 Internship 3 BENV400 Christian Values 2 Electives 10 Total 15

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

Bold face print denotes major course requirements

*Alternate Year Course

Major courses offered both semesters

Science sequence to be eligible for Kinesiology and Exercise Physiology

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.