



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 3/2023**

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 266 Personal Wellness & Exercise 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 321 Applied Exercise Physiology 4 HFS 355 Strength and Conditioning I 3 NTR 236 Sports Nutrition 2 Electives 3 Total 15	BENV300 Cross-cultural Experience 3 Religious Understanding Competency 3 HFS 356 Strength and Conditioning 2 3 HFS 201 Fitness Assessment Technique 3 Electives 3 Total 15
Fourth Year	Scientific Inquiry Competency (if PHY105 not taken) 4 Critical Analysis Competency (if BIO 230 is not taken) 3 HFS 230 Sport Psychology 3 Elective 6 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. PHY 105 meets the Scientific Inquiry Competency.

Students may also take the CEM 105 Experiential Chemistry as the pre-rec but it does not meet SI competency.

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.