DIFFERENCE MAKERS
Become One at VCSU

Exercise Science
& Leisure Studies
Strengh & Conditioning Specialist
Division of Mathematics, Science
and Health & Physical Education
1.800.532.8641 ext. 7242

MAJOR
The program of Exercise Science and Leisure Studies (Strength and Conditioning Specialist) is primarily designed to prepare you for careers in the strength and conditioning field. The program of study in Strength and Conditioning aims to develop an understanding of the concepts and theories of program design. You will acquire the skills necessary to develop training and conditioning regimens for athletic and fitness programs. Students who complete this program of study will be prepared to seek employment in the sport and fitness industry.

PRACTICAL EXPERIENCE
As an Exercise Science major, you will also complete a supervised field experience. During the Field Experience, the student will work with athletes and coaches to develop safe and effective programs to improve athletic performance, teach proper lifting techniques, supervise and motivate the athletes, assess their performance before and after the program, design pre-season, in-season, and post-season workouts, and reduce the probability of athletic injuries.

The American College of Sports Medicine found that demand for strength-training experts was one of the top five most promising employment trends over the past few years.


QUOTE
“The Strength and Conditioning Concentration at VCSU gave me the tools to train athletes of all ages, skill sets, and abilities through the understanding of physiology and the various components that connect science with practical application.

The courses prepared me to effectively design and implement functional performance enhancement and injury prevention programs and provided me with an education that serves as an elevating platform to pursue an advanced level as a Strength and Conditioning coach.”

~Kyle Skinner , Seattle, WA

TECHNOLOGY
• Notebook computers with DVD burners and multimedia capabilities
• Digital cameras, video cameras, and other peripherals
• Blackboard online learning environments
• Hydrostatic body composition, Lactate Analysis
• Dartfish Software

CAREER SERVICES PROVIDES
• Career, job search, placement services free to all students
• Field trips, employer on-campus visits
• Information, networking opportunities and skill development
• Visit www.vcsu.edu/careerservices/

CAREER OPPORTUNITIES
• Strength and Conditioning Coach with Professional Sports Teams, College, University or High School athletics
• Work as a Personal Trainer
• Work in a Fitness Center
• Manage a Fitness Center
• Work in Corporate Fitness
• Physical Therapy Clinics
Exercise Science and Leisure Studies - Strength & Conditioning Specialist - D Composite Major

MAJOR
The program of Exercise Science and Leisure Studies (Strength and Conditioning Specialist) is primarily designed to prepare you for careers in the strength and conditioning field. The program of study in Strength and Conditioning aims to develop an understanding of the concepts and theories of program design. You will acquire the skills necessary to develop training and conditioning regimens for athletic and fitness programs. Students who complete this program of study will be prepared to seek employment in the sport and fitness industry.

LEARNING OUTCOMES
1. Demonstrate the proper use of safety procedures needed during fitness evaluations, exercise testing, and exercise training.
2. Assess, design, implement, and/or modify safe and effective exercise prescriptions to improve health and performance.

ABILITIES
Communication
To convey thoughts, ideas, data, information, and messages effectively.

Problem Solving
To select and use appropriate and effective approaches and tools in solving a wide variety of problems.

Collaboration
To work together to reach a common goal.

Technology
Use technological tools and processes to improve learning, productivity, and/or performance.

For degree and graduation requirements see pages 39-40.

Department Chair
Diane Burr, M.S./A.T.C.
Graichen Gymnasium 002
(701) 845-7242

General Education Requirements 39 Hours

Communication & Collaboration 9 Hrs

- ENGL 110 College Composition I 3
- ENGL 125 Intro to Professional Writing * 3
- COMM 110 Fund of Public Speaking 3
- HPER 212 Interpersonal Communication
- HPER 216 Intercultural Communication

Problem Solving 11 Hrs

- Mathematics - 3 crs (Select one course)
  MATH 103 College Algebra
  MATH 104 Finite Mathematics
  MATH 107 Pre-calculus
  MATH 165 Calculus I
- Lab Science - 8 crs (Select two courses)
  BIOL 11 Concepts of Biology
  CHEM 111 Introductory Chemistry
  CHEM 150 General Biology*
  GEOL 100, 106
  PHYS 100, 110, 116, 126, 251, 252
  TECH 161

Aesthetic Engagement 6 Hrs

- Literacies - 3 crs (Select one course)
  ENGL 220, 225, 241, 242, 261, 262
  HUM 201 Civil, Thought, & Lit Heritage
  SPAN 201 2nd Yr I; SPAN 202 2nd Yr II
  THEA 110 Intro Theatre; THEA 161 Acting I
- Art & Music - 3 crs (Select one course)
  ART 110 Introduction to Visual Arts
  HUM 202 Fine Arts & Aesthetics
  MUS 100 Music Appreciation
  MUS 101 Music Fundamentals
  MUS 207 History of Rock’n’Roll

Global Awareness & Effective Citizen 6 Hrs

- (Select two courses)
  COMM 112 Under Media; COMM 114 Human;
  ECON 201 Prin Micro; ECON 202 Prin Macro
  GEOG 151 Human Geog
  HIST 103, 104, 211, 212, 260, 267, 270
  POLS 115 Amer Gov; POLS 116 State Gov
  PSYC 111 Intro Psyc
  SOC 110 Intro to Sociology
  SOC 110 Intro Anthro

Total General Education 39 Hrs

Total Major Requirement 58-60 Hrs

Total Credits Needed to Graduate 120 Hrs

Required Courses 13 Hours

- HPER 207 Prevent & Care of Athletic Inj 2
- HPER 208 Introduction to Physical Ed 2
- HPER 209 Sport Nutrition Concepts 3
- HPER 210 First Aid & CPR 1
- HPER 300 Drug Education 2
- HPER 350 Sport Ethics 2
- HPER 491 Senior Portfolio 1

Concentration D - Strength & Conditioning 45 -47 Hrs

Required Courses:

- ACCT 200 Elements of Accounting I 3
- ACCT 201 Elements of Accounting II 3
- BOTE 336 Business Data Solutions 3
- COMM 312 Gender Relations 3
- COMM 314 Public Relations 3
- COMM 360 Group Dynamics 3
- HPER 109 Exercise Techniques & Program Design 3
- HPER 220 Practical Application of Fitness Education 3
- HPER 258 Applied Anat/Phys/Hum Perf 3
- HPER 259 Applied Anat/Phys/Hum Perf 3
- HPER 390 Fit Assessment/Ex Presc 2
- HPER 405 Advanced Topics in Strength and Conditioning 2
- HPER 410 Admin of HPE & Sport 2
- HPER 444 ExPhys of Peak Performance 3
- MGMT 330 Principles of Mgmt 3

For degree and graduation requirements see pages 39-40.