

Strength and Conditioning Minor

The Strength & Conditioning minor at the University of Charleston will expand students’ knowledge of performance enhancement through interdisciplinary coursework in Exercise Science.

Students completing the Strength & Conditioning minor can take recognized credentialing certification exams offered by the National Strength & Conditioning Association (NSCA), American College of Sports Medicine (ACSM) and the National Academy of Sports Medicine (NASM).

The Strength & Conditioning minor consists of 18 credit hours. Course requirements:

Strength & Conditioning Minor	
The following courses are required:	
EXER 201 Training Concepts	3
EXER 225 Medical Terminology in Exercise Science and Healthcare	3
EXER 275 Program Design & Implementation	3
HSCI 204 Nutrition or EXER 304 Sports Nutrition	3
	12
Choose two (2) elective courses from the list below based on individual student goals for implementing this minor into their future career:	
EXER 252 Foundations of Injury Management	3
EXER 325 Exercise Prescription	3
EXER 330 Special Populations	3
EXER 340 Exercise & Psychological Mindfulness	3
EXER 370 Physiology of Exercise	3
EXER 400 Metabolism and Energy Systems	3
EXER 412 Advanced Strength and Conditioning	3
Total	18