

Clock/Credit Hour Evaluation Chart - BS in Strength and Conditioning

	SEMESTER	15/30/45 Carnegie Credit Allocation
	Modules	
1	Functional Screening	6
2	Resistance Training 1	6
3	Resistance Training 2	6
4	Advanced Resistance Training	6
5	Speed Development	6
6	Endurance Development	5
7	Anatomy, Physiology and Biomechanics	5
8	Youth Athletic Development	6
9	Sport and Exercise Nutrition	5
10	Coaching Skills	6
11	Coaching Technology and Fitness Testing	6
12	Business of Fitness and Sport	6
13	Injuries and Rehabilitation	6
14	Research Methods and Data Management	6
15	Professional Practice Portfolio	5
16	Strength and Conditioning for Special Populations	5
17	Sport and Exercise Psychology	5
18	Health and Wellness	6
19	English Composition	5
20	College Composition	5
21	College Algebra	5
22	Intro to Statistics	5
23	Intro to Oral Communications	5
24	Intro to Psychology	5
25	Intro to Environmental Science	5
	TOTAL	137