

STRENGTH AND CONDITIONING, B.S.

Strength and Conditioning is a multidisciplinary field of study involving the active human body in the areas of anatomy, physiology, metabolism, and kinetics. Strength and Conditioning professionals work to understand the effects of exercise for:

- Fitness programming and outcomes across the general population's lifespan; and
- Sports performance training principles for athletes of all levels.

Exercise Science Professionals will serve in:

- Collegiate and Professional Sports Teams
- Athletic Performance Centers
- Fitness and Wellness Centers
- Hospital Fitness and Clinical Rehabilitation Centers
- University / Industry Research Laboratories
- Weight Control Programs
- Fitness and Sales Industries

Students enrolled in Marshall University's Strength and Conditioning program obtain hands-on experiences with health, fitness and sport assessments and testing within our state of the art Exercise Physiology Laboratories (MUEPL (<https://www.marshall.edu/exercise-science/muepl/>)). Internship or Graduate Assistant opportunities involve working with community members in the Diabetes and Cardiometabolic Exercise Center (MU Clinical Exercise Lab (MUCEL (<https://www.marshall.edu/exercise-science/cepl/>)) or with general populations and athletes in the Human Performance Lab (MUEPL (<https://www.marshall.edu/exercise-science/muepl/>)).

Marshall University Exercise Science students are well-prepared for premier certifications in exercise such as American College of Sports Medicine (ACSM) (<https://certification.acsm.org/>) and National Strength and Conditioning Association (NSCA) (https://www.nsca.com/CSCS_Certification_2/).

Students choosing an Area of Emphasis will need to take additional hours beyond 15 each semester or take summer school to finish in 4 years.

Admission Requirements


- Admission to Marshall University
- Strength and Conditioning selected as major.

Graduation Requirements

- A minimum overall GPA of 2.5.
- A minimum grade of C in Major coursework.

Course Requirements

 - General Education Course






 - Milestone course: a key success marker for your major. See your advisor to discuss the importance of this course in your plan of study.

The Core Curriculum is designed to foster critical thinking skills and introduce students to basic domains of thinking that transcend

disciplines. The Core applies to all majors. Information on specific classes in the Core can be found at <https://www.marshall.edu/gened/>.




Code	Title	Credit Hours
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Core Curriculum

<i>Core 1: Critical Thinking</i>		
FYS 100	First Yr Sem Critical Thinking	3
Critical Thinking		6
<i>Core 2</i>		
ENG 101	  Beginning Composition	3
ENG 201	 Advanced Composition	3
CMM 103	 Fund Speech-Communication	3
		
Core II Math Requirement		
Core II Phys./Natural Science		4
Core II Humanities		3
Core II Social Science		3
Core II Fine Arts		3
<i>Additional University Requirements</i>		
Writing Intensive		3
Writing Intensive		3
Multicultural/International		3
Capstone		3

Code	Title	Credit Hours
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Major Course Requirements

BSC 227	Human Anatomy	3
BSC 227L	Human Anatomy Lab	1
BSC 228	 Human Physiology	3
BSC 228L	 Human Physiology Lab	1
CHM 100 or 200 level with lab		3-5
DTS 210	Nutrition	3
ESS 215	Intro to Exercise Science	3
ESS 345	Exercise Physiology	3
ESS 375	Fitness Assess & Exerc Prescr	3
ESS 442	Princ of Strength & Cond	3
ESS 443	Prin of Strength Cond Lab	1
ESS 450	Drug and Sport	3
ESS 478	Energy Sources Body Comp	3
ESS 491	 Internship Exercise Science (taken twice)	6
ESS 492	Strength & Condit Clin Fld Exp	3
HS 200	 Comp Medical Terminology (CT)	3
HS 222	Hlth Prov First Aid/CPR/AED	3
HS 365	Functional Kinesiology	3
HS 365L	Functional Kinesiology Lab	1
HS 369	Motor Learning	3
HS 405	Sport Psychology	3
or PSY 405	Sport Psychology	
HS 410	Organ Admin in Kines	3
HS 465	Biomechanical Analy of Mvmt	3
PHY 101, PHY 101L or 200 level with lab		4





PSY 201	 Introductory Psychology (CT)	3
PSY 223	 Elem Behavioral Stat	3
PSY 440	Physiological Psychology	3

Semester Plan



 - General Education Course

 - Milestone course: a key success marker for your major. See your advisor to discuss the importance of this course in your plan of study.



First Year

First Semester		Credit Hours
HS 200	 Comp Medical Terminology (CT)	3
FYS 100	First Yr Sem Critical Thinking	3
ENG 101	 Beginning Composition	3
MTH 121	 Concepts and Applications (CT) (or higher)	3
CMM 103	 Fund Speech-Communication	3
UNI 100	Freshman First Class	1
Credit Hours		16

Second Semester

BSC 227	Human Anatomy	3
BSC 227L	Human Anatomy Lab	1
ENG 201	 Advanced Composition	3
PSY 201	 Introductory Psychology (CT)	3
DTS 210	Nutrition	3
Humanities Elective		3
Credit Hours		16


Second Year

First Semester		Credit Hours
BSC 228	 Human Physiology	3
BSC 228L	 Human Physiology Lab	1
HS 365	Functional Kinesiology	3
HS 365L	Functional Kinesiology Lab	1
HS 222	HLth Prov First Aid/CPR/AED	3
CHM 100 or 200 level		3-5
Credit Hours		14-16

Second Semester

ESS 442	Princ of Strength & Cond	3
ESS 443	Prin of Strength Cond Lab	1
Restricted Elective		3
ESS 345	Exercise Physiology	3
PHY 101, PHY 101L or 200 level with lab		4
Credit Hours		14

Third Year

First Semester		Credit Hours
HS 465	Biomechanical Analy of Mvmt	3
PSY 223	 Elem Behavioral Stat	3
ESS 478	Energy Sources Body Comp	3
Restricted Elective		3
Restricted Elective		3
Credit Hours		15


Second Semester

PSY 405	Sport Psychology	3
PSY 440	Physiological Psychology	3
Fine Arts Elective		3
Social Science Elective		3
ESS 375	Fitness Assess & Exerc Prescr	3
Credit Hours		15

Fourth Year

First Semester		Credit Hours
HS 369	Motor Learning	3
ESS 492	Strength & Condit Clin Fld Exp	3
HS 410	Organ Admin in Kines	3
Restricted Elective		3
Restricted Elective		3
Credit Hours		15

Second Semester

ESS 450	Drug and Sport	3
ESS 491	 Internship Exercise Science	6
Restricted Elective		3
Restricted Elective		3
Credit Hours		15
Total Credit Hours		120-122

Areas of Emphasis

- Pre-Med, Emphasis (Strength and Conditioning) (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/strength-conditioning-bs/pre-med-emphasis-strength-conditioning/>)
- Pre-Physical Therapy, Emphasis (Strength and Conditioning) (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/strength-conditioning-bs/pre-physical-therapy-emphasis-strength-conditioning/>)
- Pre-Physician Assistant, Emphasis (Strength and Conditioning) (<http://catalog.marshall.edu/undergraduate/programs-az/health-professions/health-movement-sciences/strength-conditioning-bs/pre-physician-assistant-emphasis-strength-conditioning/>)