

Strength & Conditioning

CONCENTRATION

- Concentrations **MUST** officially be declared, by completing a form in the Office of Admissions & Records LH 114
- **NO exceptions** or course substitutions will be made to the concentration – all **21 units** listed below (and on the TDA) must be complete
- Once a concentration is declared, if you decide not to complete it, you must complete the form in Admissions and Records to declare **NO CONCENTRATION** and avoid a delay in graduation.



Required 15 Units (5 Courses):

Course	Title	Prerequisites
KNES 320	Exercise Techniques for Strength and Conditioning	Jr./Sr. and KNES 360
KNES 351	Principles of Strength and Conditioning	Jr./Sr. and KNES 348 & 360
KNES 450	Program Design in Strength and Conditioning	Jr./Sr. and KNES 351
KNES 457	Practice of Personal Training	Jr./Sr. and KNES 351
KNES 458	Measurement Techniques in Strength and Conditioning	Jr./Sr. and KNES 348L & 351

NOTE: KNES 348L is required for KNES 458

Choose 6 Units (2 Courses) from the following:

KNES 354, 365, 375, 414, 430, 463, 470, 495, 499

*Once a concentration has been declared AND completed, it will be notated on your transcripts

**All 21 units must be complete in addition to the 9 units of Major Pre-Requisites, 9 Units of Foundation Coursework, 18 Units of Disciplinary Core Coursework, 3 Units of Upper Division Writing (ENGL 301), and 51 Units of General Education. A total minimum of 120 units is required for Graduation.

Overview

Provides knowledge related to strength and conditioning for fitness and sport programs and prepares students interested in strength and conditioning certifications (NSCA and USA Weightlifting). Also prepares students for advanced study in the strength and conditioning area.

All concentrations MUST be declared upon completion of 85 units and/or PRIOR to applying for graduation.

Faculty Advisors

Dr. Lee Brown
Dr. Andy Galpin