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):

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Prerequisites</th>
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</thead>
<tbody>
<tr>
<td>KNES 320</td>
<td>Exercise Techniques for Strength and Conditioning</td>
<td>Jr./Sr. and KNES 360</td>
</tr>
<tr>
<td>KNES 351</td>
<td>Principles of Strength and Conditioning</td>
<td>Jr./Sr. and KNES 348 &amp; 360</td>
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<tr>
<td>KNES 450</td>
<td>Program Design in Strength and Conditioning</td>
<td>Jr./Sr. and KNES 351</td>
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<tr>
<td>KNES 457</td>
<td>Practice of Personal Training</td>
<td>Jr./Sr. and KNES 351</td>
</tr>
<tr>
<td>KNES 458</td>
<td>Measurement Techniques in Strength and Conditioning</td>
<td>Jr./Sr. and KNES 348L &amp; 351</td>
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</table>

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