

STRENGTH AND CONDITIONING MINOR REQUIREMENTS

Code	Title	Units
Minor Requirement - 20 units ¹		
COACHING 250	APPLICATION OF MECHANICAL PRINCIPLES TO COACHING	2
COACHING 255	BASIC STRENGTH AND CONDITIONING FOR SPORTS	2
COACHING 342	PRINCIPLES OF OLYMPIC WEIGHTLIFTING	3
COACHING 345	STRENGTH AND CONDITIONING PROGRAM DESIGN	3
COACHING 485	CAPSTONE IN STRENGTH AND CONDITIONING	3
PEPROF 282	NUTRITION FOR HEALTH	3
PEPROF 492	FIELD STUDY	2-3
Select 2-3 units from the following:		2-3
COACHING 256	PSYCHO-SOCIAL ASPECTS OF COACHING	
COACHING 341	ADVANCED TOPICS IN STRENGTH AND CONDITIONING	
COACHING 461	PREVENTION AND CARE OF ATHLETIC INJURIES	
COACHING 480	LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES	
or RECREATN 480	LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES	
RECREATN 450	PLANNING, DESIGN, AND MANAGEMENT OF RECREATION FACILITIES	
RECREATN 440	COMMERCIAL AND ENTERPRENEURIAL RECREATION	
Total Units		20

Code	Title	Units
Unique Requirements ²		
PEPROF 201	STRUCTURE AND FUNCTION OF THE HUMAN BODY I	4
PEPROF 202	STRUCTURE AND FUNCTION OF THE HUMAN BODY II	3
PEPROF 302	BIOMECHANICS OF SPORT AND EXERCISE	3
PEPROF 416	EXERCISE PRESCRIPTION AND FUEL UTILIZATION	3
PEPROF 471	PHYSIOLOGY OF EXERCISE	3

¹ Certification in First Aid, CPR, and AED is required for this minor.

² Unique requirements are met within the Human Performance major. They are additional requirements for students in other majors in order to complete the requirements for NSCA recognition.