

STRENGTH & CONDITIONING MINOR - RESIDENT

Important: This minor plan is effective for those starting in fall 2022 through summer 2023. This minor plan will remain in effect for students who do not break enrollment or who do not change minors.

Code	Title	Hours
EXSC 310	Physiology of Exercise ¹	3
EXSC 340	Essentials of Strength Training and Conditioning	3
EXSC 345	Applied Strength Training and Conditioning	2
EXSC 401	Seminar in Strength and Conditioning	1
EXSC 440	Programming and Periodization for Strength and Conditioning	3
EXSC 486	Strength and Conditioning Specialist Workshop and Certification	1
HLTH 333	Exercise and Sports Nutrition	3
PHED 225	Weight Training/Conditioning	1
Total Hours		17

¹ EXSC 310 Physiology of Exercise (3 c.h.) prerequisites: BIOL 213 Human Anatomy and Physiology I (3 c.h.), BIOL 214 Human Anatomy and Physiology I Lab (1 c.h.), BIOL 215 Human Anatomy and Physiology II (3 c.h.), and BIOL 216 Human Anatomy and Physiology II Lab (1 c.h.). BIOL 215 Human Anatomy and Physiology II (3 c.h.) and BIOL 216 Human Anatomy and Physiology II Lab (1 c.h.) may be taken concurrently with EXSC 310 Physiology of Exercise (3 c.h.)

All applicable prerequisites must be met

Completion Requirements

- 17 total hours
- 25% of the minor must be taken through Liberty University
- Minimum grade of "C" required for all upper-level courses in the Minor