

# STRENGTH & CONDITIONING (STRG)

## STRG 298 Practicum I 3 Credit Hour(s)

**Prerequisite:** EXSC 310

Practicum I is a 70-hour experience where students will be matched with a strength and conditioning coach and gain exposure to the field. Students will get hands-on experience in various aspects of strength and conditioning in both the weight room and field settings. Students will also learn the material necessary to sit for the NSCA-CPT exam, which covers content areas related to consultation/fitness assessment, program planning, exercise technique, and safety/emergency procedures.

**Offered:** Resident

## STRG 325 Advanced Strength Training 2 Credit Hour(s)

**Prerequisite:** EXSC 310 and PHED 225

Advanced Strength Training is a lab-based class that will apply advanced principles and methods of strength training through experiential implementation. Fundamental aspects of physiological adaptation and evidence-based practice will be integrated with programming to provide a comprehensive resistance training experience.

**Offered:** Resident

## STRG 335 Speed, Agility, and Quickness 2 Credit Hour(s)

**Prerequisite:** EXSC 310

The speed, agility, and quickness course will focus on field-based movement techniques that support a competitive athlete. Students will learn the theoretical application of common skills and techniques as well as hands-on testing and evaluation, and practical coaching methods. These skills will also be supported with content covering metabolic conditioning and repeated sprint ability, as well as plyometric training.

**Offered:** Resident

## STRG 340 Essentials of Strength Training and Conditioning 3 Credit Hour(s)

**Prerequisite:** ((KINE 225 or PHED 225) and EXSC 310)

This course includes the theories, organization, methods, and techniques involved in the teaching and coaching of strength training, physical conditioning, and personal training.

**Registration Restrictions:** Junior status

**Note:** Formerly KINE 340

**Offered:** Resident

## STRG 345 Applied Strength Training and Conditioning 2 Credit Hour(s)

**Prerequisite:** ((KINE 225 or PHED 225) and EXSC 310)

In Applied Strength Training and Conditioning, students will integrate theory and practice in a course designed to provide lab-based examples of sport-specific conditioning. In-depth coaching techniques will be applied to topics including resistance and power training, speed and agility training, aerobic conditioning, and periodized programming. Students will also conduct original research related to sport performance.

**Offered:** Resident

## STRG 398 Practicum II 2 Credit Hour(s)

**Prerequisite:** STRG 298

Practicum II is a 140-hour hands-on experience under the tutelage of a strength and conditioning coach. It is meant to continue to build on the experience of practicum I and develop students' practical abilities outside of the classroom setting. Students will continue to learn by doing in both weight room and field settings.

**Offered:** Resident

## STRG 401 Seminar in Strength and Conditioning 1 Credit Hour(s)

**Prerequisite:** EXSC 340 or STRG 340

The Seminar in Strength and Conditioning provides students with a comprehensive overview of the existing scientific literature including strength and power training, speed and agility, and metabolic conditioning. Students will also be exposed to article review, critique, and presentation criteria.

**Registration Restrictions:** ((EXSC 340 or STRG 340) and Senior Status)) or instructor permission

**Offered:** Resident

## STRG 440 Programming and Periodization for Strength and Conditioning 3 Credit Hour(s)

**Prerequisite:** EXSC 340 or STRG 340

Programming and Periodization for Strength and Conditioning provides students the opportunity to go deeper into various models of periodization to become comfortable with creating individualized sports performance programs for specific athletes. Students will integrate principles of periodization and programming to develop their own individual training philosophies.

**Registration Restrictions:** ((EXSC 340 or STRG 340) and Senior Status)) or instructor permission

**Offered:** Resident

## STRG 480 Essentials of Sport Science 3 Credit Hour(s)

**Prerequisite:** EXSC 320

Essentials of sport science provides students with a comprehensive overview of the most important performance assessment and monitoring strategies used in strength and conditioning practice. The theories and processes behind sport science will be established and followed up with detailed application to the needs analysis, data collection, and data analysis procedures used by sport scientists.

**Registration Restrictions:** Senior Status

**Offered:** Resident

## STRG 486 Strength and Conditioning Specialist Workshop and Certification 1 Credit Hour(s)

**Prerequisite:** ((EXSC 340 or STRG 340) and EXSC 310 and STRG 499 (may be taken concurrently))

The Strength and Conditioning Specialist Workshop and Certification Course will assist students in preparing for the Certified Strength and Conditioning Specialist (CSCS) credential, available through the National Strength and Conditioning Association (NSCA). The course will focus on building mastery in the major content areas outlined by the NSCA: Exercise science, nutrition, sport psychology, exercise technique, program design, organization and administration, and testing and evaluation.

**Registration**

**Registration Restrictions:** Acceptance into Exercise Science and Strength and Conditioning Programs, EXSC 310, STRG 340, and Senior Status; OR Instructor Permission.

**Note:** Students should speak to their faculty advisor before enrolling to evaluate their readiness for the exam.

**Offered:** Resident

**STRG 499 Strength and Conditioning Field Experience 4-5 Credit**

**Hour(s)**

**Prerequisite:** ATTR 205 and EXSC 101 and EXSC 310 and EXSC 311 and EXSC 320 and EXSC 333 and EXSC 340 and EXSC 345 and EXSC 350 and EXSC 351 and EXSC 401 and EXSC 410 and EXSC 411 and EXSC 440 and EXSC 461 and PHED 225 and STRG 298 and STRG 325 and STRG 335 and STRG 398 and STRG 480

The strength and conditioning field experience is designed to facilitate a 300-hour internship under the guidance of a qualified strength and conditioning coach. Specific professional and ethical standards of practice will be presented throughout the internship along with an emphasis on developing coaching skills related to warm-up, flexibility, exercise technique, spotting, Olympic-style lifting, progressions/regressions, test selection and administration, program design, and periodization.

**Offered:** Resident