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## **Strength and Conditioning Certificate**

Code	Title	Credit
Required Courses		
HPER 109	Exercise Techniques and Program Design	3
HPER 210	First Aid & CPR	1
or HPER 311	Emergency Response Management	
HPER 258	Applied Anatomy, Physiology, and Human Performance	3
HPER 259	Applied Anatomy, Physiology, and Human Performance	3
HPER 384	Fitness Assessment and Prescription	3
Total Credits		13