Strength and Conditioning Certificate

Code	Title	Credits
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**