



## Strength and Conditioning

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### Major

The program of study in the Strength and Conditioning Specialist major is primarily designed to prepare students for careers in the strength and conditioning field. Students choosing this major will find their learning enhanced by exposure to state-of-the-art equipment and an exercise physiology lab housed in the Gaukler Family Health, Wellness, and Physical Education Center. The program of study in Strength and Conditioning aims to develop an understanding of the concepts and theories of program design.

Students will acquire the skills necessary to develop training and conditioning regimens for athletic and fitness populations. They will also gain knowledge in marketing and management to prepare them for facility management. The curriculum is led by current Certified Strength and Conditioning Specialists (CSCS) and enhanced by field experiences where professionals in the field will mentor students. Students who complete this program of study will be prepared to seek employment in the sport and fitness industry and sit for a national exam.

### GET INVOLVED IN YOUR MAJOR

The Exercise Science Club provides students in the strength and conditioning, exercise science, and wellness fields opportunities to discuss current topics in the profession. Students in this major are also encouraged to attend local conferences led by professionals who are recognized in the area of sports performance.

The Strength and Conditioning program helped bridge the gap between science and hands-on coaching. Learning training concepts, theories, and program design, as well as how to work with clients was a phenomenal experience. It was an opportunity to implement everything you learned and see how it worked in real world application.

The teaching staff truly made the opportunity special. These educators have a talent for making students feel engaged, unique, and cared for. After finishing my undergraduate degree, I was able to secure internships with multiple Division 1 and 2 athletic departments, training collegiate athletes. The knowledge and guidance provided by these educators gave me the confidence to succeed at each internship. I am beyond grateful for the experience given to me at Valley City. — *Chris Holden*, Covina, CA, Assistant Strength and Conditioning Coach at UNO

### Plan of Study

#### First Year

Fall	Credits	Spring	Credits
English Composition (Gen Ed)	3	English Composition (Gen Ed)	3
HPER 100 (Gen Ed)	2	HPER 128	3
Lab Science (Gen Ed)	4	Lab Science (Gen Ed)	4
MATH 104, 107, or 210 (Gen Ed)	3	Literacies (Gen Ed)	3

Computer Science and Literacy (Gen Ed)	3	Speech Communication (Gen Ed)	3
UNIV 150	1		
<b>16</b>		<b>16</b>	

#### Second Year

Fall	Credits	Spring	Credits
BUSI 214	3	Directed Elective	3
HPER 109	3	HPER 127	3
HPER 220	3	HPER 207	2
HPER 258	3	HPER 212	2
PSYC 111 (Gen Ed)	3	HPER 259	3
		Social Science (Gen Ed)	3
<b>15</b>		<b>16</b>	

#### Third Year

Fall	Credits	Spring	Credits
Direct Elective	3	Additional Humanity/Social Science (Gen Ed)	2
Directed Elective	3	COMM 414	3
HPER 309	3	Directed Elective	3
MGMT 330	3	HPER 210	1
MRKT 305	3	HPER 350	2
		HPER 384	3
<b>15</b>		<b>14</b>	

#### Fourth Year

Fall	Credits	Spring	Credits
HPER 438	3	HPER 405 (even years)	3
HPER 444	3	HPER 425	3
Art & Music (Gen Ed)	3	HPER 487	2-4
Directed Elective	3	Directed Elective	3
Directed Elective	3	Directed Elective	3
<b>15</b>		<b>14-16</b>	

#### Total Credits 121-123

Please note: This plan is intended for general information only. Students are strongly encouraged to meet with their academic advisor each semester before registration.

