



Strength and Conditioning

About this Composite Major

The Strength and Conditioning Specialist major is primarily designed to provide students with a comprehensive understanding of the principles, theories, and practical applications related to strength training, conditioning, and athletic performance enhancement. 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.

Students pursuing a Strength and Conditioning major can expect to study a variety of subjects related to exercise science, physiology, nutrition, and psychology. 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 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.

Meet a Student

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, Strength and Conditioning Coach at LMR Technical Group*

Career Opportunities



Studying strength and conditioning provides life-long benefits, but also opens multiple career fields. Some careers that graduates can pursue with this degree include:

- Strength and conditioning coach
- Exercise Physiologist
- Personal trainer
- Cardiac Rehab
- Exercise Trainer/Fitness Instructor

Get Involved in the Major



The Kinesiology and Human Performance Club empowers students by providing invaluable opportunities such as attending professional conferences, crafting resume materials, preparing for exams like the GRE and PRAXIS, navigating the application processes for professional graduate programs, and studying for certifications and



credentialing exams. The club is dedicated to cultivating students' growth and achievement within their discipline, fostering success in both academic and professional environments.

Contact Information

Department Chair and Faculty Contact

Dr. Rachele Hunt, rachele.hunt@vcsu.edu, (701) 845-7260

Department Location

Gaukler Family Wellness & Physical Education Center, 149,
(701) 845-7580

Schedule your visit today!

<http://visit.vcsu.edu/>

(701) 845-7101 or (800) 532-8641

Plan of Study

First Year

Fall	Credits	Spring	Credits
HPER 100 (Gen Ed)	2	HPER 128	3
HPER 127	3	English Composition (Gen Ed)	3
English Composition (Gen Ed)	3	Lab Science (Gen Ed)	4
Lab Science (Gen Ed)	4	Literacies (Gen Ed)	3
Computer Science and Literacy (Gen Ed)	3	Speech Communication (Gen Ed)	3
UNIV 150	1		
	16		16

Second Year

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

Third Year

Fall	Credits	Spring	Credits
HPER 382	3	HPER 210	1
MGMT 302	3	HPER 309	3
MRKT 301	3	HPER 350	2
Directed Elective	3	HPER 384	3
Elective	3	COMM 414	3
		Additional Humanities or Social Science (Gen Ed)	2
	15		14

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
Elective	3	Elective	3
Elective	3	Elective	3
	15		14

Total Credits 121

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



Learning Outcomes

1. Students will be able to demonstrate the ability to develop safety procedures in the fitness venue.
2. Students will be able to perform fitness evaluations and exercise testing to assess physical condition.
3. Students will design, implement and/or modify safe and effective exercise prescriptions to improve health and performance.
4. Students will create projects that demonstrate communication, managerial, fiscal, and leadership concepts.
5. Students will demonstrate the ability to relate concepts of anatomy, physiology, and biomechanics to movement activities.