

STRENGTH AND CONDITIONING (PROFESSIONAL CERTIFICATE)

Overview

Award: Professional Certificate

Program of Study: Strength and Conditioning

Program Code: 1712

This program is pending accreditation and is not currently accepting students.

Students enrolled in the Strength and Conditioning certificate program should have a strong interest in athletic performance, fitness, and training. Students will engage in practical experiences that will help them with the possibility of a future career as a strength and conditioning coach or professional. Students will explore subject areas that include: anatomy, physiology, nutrition, applications of physical fitness, exercise physiology, anatomical kinesiology, and program design. This program is designed to provide the student with the knowledge required to pass the national certification examination to become a National Strength and Conditioning Association – Certified Strength and Conditioning Specialist (NSCA-CSCS).

Important information about this program:

- 41 semester hours for the Professional Certificate in Strength and Conditioning.
- 3.00 cumulative GPA or higher in the certificate is required.
- At least 33 percent of the credit hours required for the certificate must be in courses numbered 300 or above.
- Completion of a bachelor's degree is a graduation requirement for this certificate.
- CPR/First Aid Certification is a graduation requirement for this certificate.

All CMU certificate graduates are expected to demonstrate proficiency in specialized knowledge/applied learning, critical thinking, and personal and social responsibility. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Evaluate exercise physiology principles relevant to strength and conditioning (Specialized Knowledge/Applied Learning).
2. Analyze human movement (Specialized Knowledge/Applied Learning).
3. Apply evidence-based sports nutrition principles relevant to strength and conditioning to evaluate dietary strategies and make informed recommendations that support performance, recovery, and adaptation (Critical Thinking).
4. Conduct fitness and performance assessments, interpret data, and design evidence-based training programs for diverse populations (Specialized Knowledge/Applied Learning).
5. Apply appropriate exercise technique instruction, motivational strategies, and communication skills to enhance athlete/client performance (Specialized Knowledge/Applied Learning).

6. Utilize performance monitoring tools, data analysis, and technology to evaluate and optimize training outcomes (Specialized Knowledge/Applied Learning).
7. Integrate classroom knowledge into real-world strength and conditioning environments through supervised practicum experiences. (Specialized Knowledge/Applied Learning)
8. Adhere to ethical and professional standards, exhibit leadership in training environments, and demonstrate readiness for national certification (e.g., NSCA-CSCS). (Personal and Social Responsibility).

Requirements

Each section below contains details about the requirements for this program. Select a header to expand the information/requirements for that particular section of the program's requirements.

To print or save an overview of this program's information, including the program description, learning outcomes, requirements, suggested course sequencing (if applicable), and advising and graduation information, scroll to the bottom of the left-hand navigation menu and select "Print Options." This will give you the options to either "Send Page to Printer" or "Download PDF of This Page." The "Download PDF of This Page" option prepares a much more concise presentation of all program information. The PDF is also printable and may be preferable due to its brevity.

Institutional Certificate Requirements

The following institutional requirements apply to all CMU Professional Certificates. Specific programs may have different requirements that must be met in addition to institutional requirements.

- Consists of 5-59 semester hours.
- Primarily 300-400 level courses.
- At least fifty percent of the credit hours must be taken at CMU.
- 2.00 cumulative GPA or higher in all courses taken to satisfy program requirements.
- A grade lower than "C" in the program of study will not be counted toward meeting the certificate's requirements.
- A course may only be used to fulfill one requirement for each degree/certificate.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Certificate Requirements.
- The Catalog Year determines which program sheet and certificate requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

Program Specific Requirements

(41 semester hours, must earn a grade of "C" or better in each course.)

Additional notes about requirements for completion of this certificate:

- CPR/First Aid Certification is a graduation requirement for this certificate.
- Complete a bachelors degree concurrently or prior to completion of this certificate.

Code	Title	Semester Credit Hours
BIOL 209 & 209L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	4
KINA 128	Intermediate Weight Training	1
KINE 200	Foundations of Kinesiology	3
KINE 203	Human Nutrition	3
KINE 213	Applications of Physical Fitness and Exercise Prescription	3
KINE 301	Health and Fitness Assessment	3
KINE 303 & 303L	Physiology of Exercise and Physiology of Exercise Laboratory	4
KINE 309	Anatomical Kinesiology	3
KINE 399	Internship	3
KINE 403 & 403L	Advanced Strength and Conditioning and Advanced Strength and Conditioning Lab	4
KINE 405	Sports Nutrition	3
KINE 412	Advanced Program Design and Technique	3
KINE 499	Internship	4
Total Semester Credit Hours		41

Suggested Course Plan

First Year

Fall Semester		Semester Credit Hours
BIOL 209 & 209L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	4
KINE 200	Foundations of Kinesiology	3
KINE 203	Human Nutrition	3
KINE 213	Applications of Physical Fitness and Exercise Prescription	3
Semester Credit Hours		13

Spring Semester

KINA 128	Intermediate Weight Training	1
KINE 301	Health and Fitness Assessment	3
KINE 303 & 303L	Physiology of Exercise and Physiology of Exercise Laboratory	4
KINE 309	Anatomical Kinesiology	3
Semester Credit Hours		11

Second Year

Fall Semester		Semester Credit Hours
KINE 399	Internship	3
KINE 403 & 403L	Advanced Strength and Conditioning and Advanced Strength and Conditioning Lab	4
KINE 405	Sports Nutrition	3
Semester Credit Hours		10
Spring Semester		Semester Credit Hours
KINE 412	Advanced Program Design and Technique	3
KINE 499	Internship	4
Semester Credit Hours		7
Total Semester Credit Hours		41

Advising and Graduation Advising Process and DegreeWorks

Documentation on the pages related to this program is intended for informational purposes to help determine what courses and associated requirements are needed to earn a certificate. Some courses are critical to complete in specific semesters while others may be moved around. Meeting with an academic advisor is essential in planning courses and discussing the suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for their intended certificate.

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a certificate and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar's Office.

Graduation Process

Students must complete the following in the first two months of the semester prior to completing their certificate requirements (for one-semester certificates, complete in the first week of class):

- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the "Intent to Graduate" form to the Registrar's Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found on the [Graduation](#) web page.

If a student's petition for graduation is denied, it will be their responsibility to apply for graduation in a subsequent semester. A student's "Intent to Graduate" does not automatically move to a later graduation date.