

STRENGTH & CONDITIONING, MINOR

Optional – Minor in Strength & Conditioning

The Minor in Strength & Conditioning is aligned with content standards for the Certified Strength and Conditioning Specialist (CSCS) exam from the National Strength and Conditioning Association (NSCA). The minor consists of eighteen (18) earned credits at a "C" or better from the following courses:

Code	Title	Hours
SES 1107	Weight Training	1
SES 3303	Introduction to Sport Management	3
SES 3265	Principles of Biomotor Training	3
SES 4201	Exercise Assessment and Prescription	3
SES 4314	Exercise Planning and Programming	3
SES 4313	Scientific Principles of Strength and Conditioning	3
SES 4499	Professional Preparation Capstone	2
Total Hours		18

Co-enrollment in the Sport and Exercise Science (<http://catalog.ben.edu/lisle-undergraduate/academic-programs/biological-sciences/sport-exercise-science-bs/>) major is required. Substitutions are not accepted for progress toward the minor.