

# STRENGTH & CONDITIONING MINOR - RESIDENT

**Important:** This minor plan is effective for those starting in fall 2025 through summer 2026. This minor plan will remain in effect for students who do not break enrollment or who do not change minors.

Code	Title	Hours
<b>Required Courses</b>		
EXSC 310	Physiology of Exercise <sup>1</sup>	3
EXSC 333	Ergogenic Aids in Sport	3
PHED 225	Weight Training/Conditioning	1
STRG 325	Advanced Strength Training	2
STRG 335	Speed, Agility, and Quickness	2
STRG 340	Essentials of Strength Training and Conditioning	3
STRG 345	Applied Strength Training and Conditioning	2
<b>Total Hours</b>		<b>16</b>

<sup>1</sup> EXSC 310 prerequisites: BIOL 213, BIOL 214, BIOL 215, and BIOL 216. BIOL 215 and BIOL 216 may be taken concurrently with EXSC 310.

*All applicable prerequisites must be met*

## Completion Requirements

- 16 total hours
- 25% of the minor must be taken through Liberty University
- Minimum grade of "C" required for all upper-level courses in the Minor