

STRENGTH & CONDITIONING MAJOR (B.S.)

Purpose

The purpose of the Bachelor of Science in Strength and Conditioning is to equip students with the foundational principles and practical skills necessary to be successful in the strength and conditioning industry. The curriculum is designed to be comprehensive yet specific to the field in a way that applies important information to real-world situations. The academic purpose is paired with the purpose to develop men and women of character who can influence the world for Christ as godly coaches and leaders in the field.

Program Learning Outcomes

The student will be able to:

- Apply knowledge expected of a strength and conditioning specialist.
- Explain essential aspects of anatomy, physiology, and human movement that relate to sports performance.
- Analyze fundamental principles of sports nutrition, sports psychology, coaching, and administration.
- Teach and evaluate exercise techniques to enhance sports performance.
- Test and evaluate athletes as a part of a needs analysis intended for individualized programming.
- Integrate the Biblical worldview with coaching practice.

Programs of Study

Delivery Format: Residential Only

- Strength & Conditioning (B.S.) - Coaching - Resident
- Strength & Conditioning (B.S.) - Resident

Career Opportunities

- Strength and Conditioning Coach (high school, college, professional)
- Private Sector Human Performance Coach
- Personal Trainer
- Strength and Conditioning Specialist (Rehabilitation)
- Tactical Strength and Conditioning Specialist
- Exercise Physiologist

Each of the following professions generally requires at least a bachelor's degree. Additional certifications are generally preferred, but not always required. An advanced graduate degree is sometimes preferred, but currently not officially required for any of these roles.