

Strength and Conditioning

Strength and Conditioning Minor (18 Credits)

- [BIOL 221 - Human Anatomy](#) 4 credits
 - [BIOL 221L - Human Anatomy Lab](#) 0 credits
 - [EXS 225 - Nutrition for Exercise and Sport](#) 3 credits
 - [EXS 350 - Exercise Physiology](#) 3 credits
 - [EXS 350L - Exercise Physiology Lab](#) 1 credit
 - [EXS 482 - Theory of Strength and Conditioning](#) 3 credits
 - [PE 207 - Professional Preparation: Strength Training](#) 1 credit
 - [PE 217 - Advanced Strength Training](#) 1 credit
 - [PE 453 - Sport Psychology](#) 2-3 credits
(2 credits required)
-