

Certificate in Weight Training

Admission

The human performance studies department provides students the opportunity to complement their degree program with an undergraduate certificate in weight training. This certificate program is open to all undergraduate students. Participation in this certificate program requires an additional 12 credit hours of coursework. The weight training certificate provides students with additional training to pursue opportunities in the strength and conditioning setting as well as make them more marketable and proficient in the health, sport and fitness settings.

Program Requirements

Students need to complete 12 credit hours from among the choices below to earn their certificate in weight training.

| Course | Title | Hours |
|----------|--|-------|
| HPS 106E | Weight Training | 1 |
| HPS 313 | Exercise and Sport Nutrition | 3 |
| HPS 440 | Concepts in the Prescription of Exercise | 3 |
| HPS 541 | Seminar in Strength and Conditioning | 3 |
| HPS 750L | Motivation | 3 |
| HPS 590 | Independent Study | 2 |

An overall grade point average of at least 2.000 for all courses comprising the certificate program, and no grade below C, is required to earn the certificate.