

# BS in Exercise Science - Concentration in Strength and Conditioning

## Admission

Students seeking admission to the Bachelor of Science in exercise science with a concentration in strength and conditioning program must have an overall and WSU GPA of 2.500 and a GPA of 3.000 or better in all major required courses.

## Program Requirements

All students enrolled in the Bachelor of Science in exercise science with a concentration in strength and conditioning program **must** hold and maintain a CPR/AED certification and first aid certification, maintain a 2.500 overall GPA and a 3.000 GPA in all major required courses, and earn a *B* or better in HPS 440, HPS 541, HPS 542 and HPS 543.

A minimum total of 120 credit hours is required for the Bachelor of Science in exercise science with a concentration in strength and conditioning and includes the 62 credit hours of major courses. In addition to meeting the requirements of the WSU General Education Program (<http://catalog.wichita.edu/undergraduate/academic-information/general-education-program/>) and the requirements of the College of Applied Studies, students in the BS in exercise science with a concentration in strength and conditioning must take the following courses:

Course	Title	Hours
<b>General Education</b>		
Select courses to meet General Education requirements <sup>1</sup>		34-35
<b>Required Major Courses</b>		
PHYS 213	General College Physics I	5
CHEM 211	General Chemistry I	5
HPS 113	Introduction Exercise Science	3
BIOL 223	Human Anatomy and Physiology	5
or HS 290	Foundational Human Anatomy and Physiology	
HPS 302	Administration in Exercise Science	3
HPS 313	Exercise and Sport Nutrition	3
HPS 328	Kinesiology	3
HPS 440	Concepts in the Prescription of Exercise	3
SMGT 465	Psychology of Sport and Physical Activity	3
HPS 461	Biomechanics of Human Movement	3
HPS 470	Experiential Fitness Practicum in Exercise Science	3
HPS 490	Physiology of Exercise	3
HPS 541	Seminar in Strength and Conditioning	3
HPS 542	Advanced Strength and Conditioning	3
HPS 543	Professional Development in Strength and Conditioning	3
HPS 591	Internship in Strength and Conditioning I	2
HPS 592	Internship in Strength and Conditioning II	3

HPS 593	Internship in Strength and Conditioning III	3
HPS 762	Statistical Concepts in Human Performance Studies <sup>2</sup>	3

## Open Electives

Select enough electives to reach 120 credit hours <sup>3</sup>	23-24
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**Total Credit Hours** **120**

<sup>1</sup> Required major courses may also count towards General Education requirements. Students will need to select additional electives to reach 120 credit hours required for graduation with assistance from an advisor.

<sup>2</sup> CESP 704 and STAT 370 can substitute for HPS 762.

<sup>3</sup> Select additional exercise science electives, electives and general education credits. Please consult with an advisor for options.

## Applied Learning

Students in the Bachelor of Science in exercise science with a concentration in strength and conditioning program are required to complete an applied learning or research experience to graduate from this program. The requirement can be met by successfully completing HPS 591 Internship in Strength and Conditioning I, HPS 592 Internship in Strength and Conditioning II, and HPS 593 Internship in Strength and Conditioning III.