

# Certificate in Weight Training

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## Admission

The public health sciences 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
CIPE 106E	Weight Training	1
EXSC 313	Exercise and Sport Nutrition	3
EXSC 440	Concepts in the Prescription of Exercise	3
EXSC 541	Seminar in Strength and Conditioning	3
EXSC 750L	Motivation	3
EXSC 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.