



ONLINE DEGREE

Master of Science in Strength and Conditioning

PROGRAM GUIDE

2022 – 2023

LOGAN UNIVERSITY

**MASTER OF SCIENCE IN
STRENGTH AND CONDITIONING**



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Program Guide

Master of Science in Strength and Conditioning

Online Degree

Overview

Logan's Master of Science in Strength & Conditioning (MS-SC) is an athletic performance-based program that aims to produce qualified and educated Strength & Conditioning Coaches who obtain the *NSCA Certified Strength and Conditioning Specialist (CSCS)*. Graduates are prepared to apply scientific knowledge to train athletes for the primary goal of improving athletic performance and can successfully conduct sport-specific testing sessions, develop and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention.

The Master of Science in Strength in Strength and Conditioning program matriculated first class in the Summer 2022 trimester on May 9, 2022. The program follows all University policies and procedures outlined in the [2021–2022 Academic Catalog](#). In addition, all information outlined in the Program Guide will be included in the 2022 – 2023 Academic Catalog.

Program Outcomes

1. Develop and implement exercise programs to support and enhance athletic performance.
2. Recognize deficits in athletic performance to evolve and modify strength and conditioning programming.
3. Employ scientific literacy to construct needs analysis for optimal sport-specific programming.

4. Demonstrate effective communication skills to reinforce positive motivation, offer instructional feedback for lifts and exercises, and provide nutritional guidance for athletes.
5. Assess biomechanical movement patterns and interpret physiological adaptations to resistance training and exercise.

Admission Requirements

- **A baccalaureate degree or higher that is recognized by the U.S. Department of Education or the Council for Higher Education Accreditation (CHEA).** If the baccalaureate degree was earned at an unaccredited institution, an accredited post-baccalaureate degree is an acceptable alternative.
- **An official transcript sent directly to Logan from the institution awarding the qualifying entrance degree.** If the applicant attended multiple institutions, an official transcript must be sent from each institution.
- **A minimum cumulative grade point average of a 2.5 on a 4.0 scale in the applicant's qualifying bachelor's degree.** An applicant with qualifying post undergraduate coursework may have those courses and cumulative GPA reevaluated by Admissions Committee.
- **Completion of the prerequisite coursework listed below from an accredited institution with grades of C or higher in each course.**
- **Six semester credit hours of either physics, kinesiology, exercise science, biomechanics or statistics and six semester credit hours of biological science.** Students not meeting course prerequisites may be probationally admitted. Probational students acknowledge that prerequisite courses prepare stronger candidates for success but still wish to pursue the degree. Probational students may be requested to take a reduced course load and meet regularly with their Academic Success Coach.

Academic Calendar

Courses in the Master of Science in Strength and Conditioning program are offered in Session 1 and/or Session 2 of a trimester. The Academic Calendar for Session 1 and Session 2 courses follows the set guidelines.

- First Day of Session I: Monday of Week 1
- Last Day to Add/Drop Session I: Monday of Week 2
- Last Day to Withdraw: Friday of Week 4
- Last Day of Classes Session I: Friday of Week 7
- Final Exams Session I: Monday of Week 8
- Session Break: Tuesday – Friday of Week 8
- First Day of Session II: Monday of Week 9
- Last Day to Add/Drop Session II: Monday of Week 10
- Last Day to Withdraw Session II: Friday of Week 12
- Last Day of Classes Session II: Thursday of Week 15
- Final Exams Session II: Friday of Week 15

****If the University is closed on the day listed, then the date will move to the next day of the University being opened****

Academic Degree Plan

Program Total Credit Hour Requirements = **42**

Core Courses (23 credit hours)	Credit	Term & Year
STRC 500 Anatomy and Physiology	3	
STRC 570 Exercise Physiology	3	
STRC 550 Biomechanics	3	
STRC 520 Sports Nutrition	3	
STRC 510 Psychology of Sport and Exercise	3	
STRC 600 Scientific Principles of Strength & Conditioning	3	
STRC 630 Resistance Training and Conditioning	3	
STRC 640 Exercise Testing and Prescription with Emphasis in Anaerobic Exercise	3	
STRC 650 Program Design in Strength and Conditioning	3	
STRC 670 Program Organization, Administration, and Oversight	3	
Total Credits		30

Internship (12 credit hours)	Credit	Term & Year
STRC 690 Field Experience I	6	
STRC 695 Field Experience II	6	
Total Credits		12

Course Descriptions

STRC 500 Anatomy and Physiology

This course is an introduction to human anatomy and physiology from an integrative perspective in relation to exercise and fitness. Students learn the structure and function of the tissues, the skeletal system, the nervous system, the endocrine system, and muscle function from the cellular to organism level. Additional topics covered will include chemical, cellular, and tissue level of organization as they relate to strength and conditioning professionals. This course will involve interactive laboratory activities, class/functional projects, individual and group discussions, textbook material, and clinical case studies.

STRC 570 Exercise Physiology

This course is a detailed study of the human physiological responses to athletic performance, concentrating on general physiologic principles that take place in all bases of the cardiorespiratory, neuromuscular, and endocrine systems in relation to high performance training. Review of the current literature and applications of current training applications are featured.

STRC 550 Biomechanics

This course examines the role of muscles, tendons, and joints during sport and exercise movements. The specific roles of the upper and lower extremity and the axial skeleton are highlighted. Proper movement patterns during exercise are covered.

Pre-requisite: STRC 500 – Human Anatomy and Physiology.

STRC 510 Psychology of Sport and Exercise

This course is designed to introduce students to the field of sports psychology, emphasize the role that psychology plays in athletic performance and other areas of activity, and give students the tools to incorporate these principles into their own practices.

STRC 520 Sports Nutrition

This course will provide the framework for both the theory and application of sports nutrition. Concepts include nutrition strategies for maximizing athletic performance, hydration, energy balance, and supplementation.

STRC 600 Scientific Principles of Strength and Conditioning

This class provides the principles of aerobic and anaerobic exercise. This includes an emphasis on musculoskeletal and endocrine adaptations to training, age and sex-related differences in exercise response, and basics of athletic injuries and tissue healing process.

Pre-requisite: STRC 570 – Exercise Physiology & STRC 550 - Biomechanics.

STRC 630 Resistance Training and Conditioning

This course will expose students to the techniques and training principles of strength and conditioning as it applies to human performance. Applied Strength and Conditioning concepts such as structured pre-exercise warm-ups, flexibility/mobility, plyometric progressions, power development, and strength in conventional and advanced methods will be explored. Students will learn coaching techniques to apply in a real-world setting, as well as exercise progressions based on applied practice.

STRC 640 Exercise Testing and Prescription with Emphasis in Anaerobic Exercise

This course examines techniques of evaluation for athletic fitness and performance with a particular emphasis on anaerobic exercise prescriptions. Specific areas include muscular strength, power, speed, agility, muscular endurance, cardiovascular fitness, anaerobic conditioning, flexibility, and body composition.

Pre-requisite: STRC 570 – Exercise Physiology & STRC 550 – Biomechanics.

STRC 650 Program Design in Strength and Conditioning

This course prepares students to create training programs with directed at improving sport performance. Students will conduct needs analysis and apply program design and periodization principles for plyometric, speed, agility, aerobic and anaerobic training.

Pre-requisite: STRC 600 – Scientific Principles of Strength and Conditioning.

STRC 670 Program Organization, Administration and Oversight

This course will review administrative elements essential for successful oversight and management of strength and conditioning programs, facilities, and staff. Review of ethical and legal standards, emergency action planning, staff development, and establishing key performance indicators are reviewed.

STRC 690 Field Experience I

The Field Experience allows for 150 hours of practical application of strength and conditioning principles and skillsets to develop training programs and effective coaching techniques under a CSCS certified site supervisor.

STRC 695 Field Experience II

The Field Experience allows for 150 hours of practical application of strength and conditioning principles and skillsets to develop training programs and effective coaching techniques under a CSCS certified site supervisor.

Pre-requisite: STRC 690 Field Experience I (STRC 690 and STRC 695 may also be completed as co-requisites).

Graduation Requirements

- Maintain a 3.0 Cumulative Grade Point Average.
- Maintain Satisfactory Academic Progress.
- Complete financial aid exit interview.
- Clear all outstanding balances due to the University.

Careers in Strength and Conditioning

- High school, college, semi-pro and professional athletics
- Training facilities and private gyms
- Physical therapy and rehabilitation clinics
- Education and research
- U.S. Military
- First Responders

Master of Science in Strength and Conditioning: Tuition, Fees and Financial Aid

- Application Fee (non-refundable): \$50 payable with application
- Tuition Deposit (non-refundable): \$100 applied to tuition
- Tuition Per Credit Hour: \$450
- Examination Fee for Advance Standing Credit: \$100
- Payment Plan Fee: \$25
- Late Registration Fee: \$100
- Late Payment Fee: \$100
- Transcripts: \$10
- I.D. Replacement: \$15

In the Masters Programs, a **full-time student** is defined as a student registered in **9 or more credit hours**. A **part-time student** is defined as a student who is registered in **less than 9 credit hours**. A **less than half-time student** is defined as a student who is registered for **4 or less credit hours**. Cost is charged per registered credit hour. To qualify for federal loans or for an in-school deferment of federal loans, a student should be registered in **at least 5 credit hours**.

Academic Probation Policies

Satisfactory Academic Progress (SAP) is the baseline standard a student should be performing at academically in any given program. The university recognizes that at times a student may experience academic difficulty due to personal, financial, and/or health challenges or issues with classroom content that may be temporary in nature. Students failing to meet the terms of SAP for their program may be placed on academic probation to provide them a defined period to re-establish SAP.

Students receiving financial aid should review the financial aid standards of the satisfactory academic progress policy to understand the impact their academic performance may have on their financial aid eligibility. The financial aid standards of Satisfactory Academic Progress policy are different than the Satisfactory Academic Policy for Academic Standing.

Satisfactory Academic Progress (SAP)

Satisfactory Academic Progress (SAP) is calculated at the beginning of the student's second trimester. Students enrolled at Logan University will have SAP calculated based on all attempted courses. Completed programs are not calculated into SAP.

Changing Degree Programs and SAP Calculation

When a student changes level of degree, the credits and grades that do not count toward the new degree will not be included in the satisfactory academic progress determination for the new program.

Should a student change their program of study and remain at the same level of degree, the current SAP status will remain in effect, regardless of whether the courses, credits, and grades count toward the new program of study or not.

Qualitative: Cumulative Grade Point Average (CGPA)

Master of Science in Strength and Conditioning students must achieve a CGPA of 3.0 at the end of each trimester of enrollment.

Master of Science students must finish coursework within **five calendar years** from the date of initial enrollment.

Quantitative: Maximum Time Frame or Pace

PACE is the federal government's definition of Progress to Academic Degree. The maximum length of time to receive financial aid for an academic program is 150 percent of the published length of the educational program. A student must complete (with a passing grade) a minimum of 66.66 percent of the attempted cumulative credits each term to maintain PACE. The following will be considered in a student's PACE calculation:

1. Any grade counted as attempted hours on the transcript:
 - a. Hours attempted, including withdrawn courses, incomplete courses and repeated courses.
2. If a course is dropped within the designated add/drop period, it is not counted toward attempted hours.
3. Transfer credits are considered to be credits attempted and completed toward the completion of the student's program.

Academic Probation I

College of Health Science

In the event one of the following circumstances is present, a student will be placed on Academic Probation I:

- A student fails to meet any of the criteria outlined in the academic satisfactory academic progress (ASAP); or
- A student has repeated the same course two or more times and has not yet earned credit for the course.

Students will receive a letter from the Office of the Registrar notifying them of their probation status. The letter will outline the required terms of their probation. **All students placed on probation are required to schedule a meeting with their ASC to devise an individualized success plan and shall follow the plan as outlined.** The plan may include weekly or biweekly meetings with their ASC, as well as referrals to other programs and resources to assist them in returning to good academic standing. Following the terms of the student's probation letter is a requirement of enrollment, and failure to do so may be cause for academic suspension.

To return to good academic standing, the student must complete all terms of their probation as outlined, including but not limited to earning the required satisfactory course grades in their registered courses, to successfully return all measures of SAP to at or above the minimum requirements.

Academic Probation II

All Programs

Any student who fails to meet good academic standing at the end of Probation I will automatically be moved to Academic Probation II. The Registrar's office will send a letter to these students informing them of their Probation II status. Academic Probation I and II may not exceed one trimester each.

Appeal After Academic Probation II

All Programs

Any student failing to return to good academic standing, as outlined under the Academic Probation II policy, may petition, in writing, for consideration of an additional term of academic probation, which will be Academic Probation III. Students who are on Academic Probation II will need to submit a letter of appeal to their Academic Success Coach (ASC) within the timeframe provided. The (ASC) will then forward the appeal letter(s) to the Student Advancement Committee (SAC) to be considered in conjunction with student academic performance, behaviors, and compliance with Academic Probation I and II recommendations.

Students can only be on Academic Probation I and II for two consecutive trimesters before they need to appeal to the Student Advancement Committee (SAC) for continuing Academic Probation III.

In the event a student fails return to good academic standing at the end of Academic Probation II, the student will be academically suspended from Logan University if they choose not to send in a letter of appeal to the SAC. The SAC committee's recommendation is sent to the Dean/Provost of the Program for the final decision on whether to move a student to Academic Probation III.

There is no limit or penalty to the cumulative times a student falls out of good academic standing, as long as conditions are met to return to good academic standing in prescribed periods of time. No student will be allowed to graduate from Logan University without being in good academic standing.

Academic Probation III

A student may be placed on Academic Probation III based on:

- 1.** The student's appeal letter being submitted within the required timeframe.
- 2.** The recommendation of the Student Advancement Committee (SAC).
- 3.** Subsequent approval by the Dean/Provost of the program.

Academic Probation III provides one additional trimester to successfully meet the requirements detailed in their approval letter. At the conclusion of the trimester, the student will be restored to good academic standing or moved to an Academic Suspension status.

Under extraordinary circumstances, the student may be granted an additional trimester after being on Academic Probation III. The same rules apply and the student would have to submit another letter of appeal to the SAC committee.