

Masters of Science in Strength and Conditioning 2023-2024 Academic Degree Plan

Student Name: _____ Date: _____

Program Total Credit Hour Requirements = 42

Core Courses (30 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	
STRC695 Field Experience II	6	
	Total Credits	12

Student Signature: _____ Date: _____

Advisor Signature: _____ Date: _____

*Director Signature: _____ Date: _____

*Director signature only required for approval of courses not on the standard ADP