Exercise and Wellness (Strength and Conditioning Specialist), BS

ASU is no longer accepting new students to this program. Interested students should apply to the BS program in exercise and wellness.

Program Description

The strength and conditioning specialist concentration is designed for students who want to work with active or athletic populations, including sport and tactical occupations. These students may work with high school, college or professional sports organizations in scholastic or private sports performance training facilities, with tactical sports performance clients (e.g., military, police, firefighters, EMT) in municipal or government-run facilities or with individual clients participating in more active, higher intensity-based fitness programs.

Students in this concentration are exposed to applied assessment labs and practical fieldwork to gain the knowledge they will need to be competent coaches in this field.

Graduates are prepared to sit for the Certified Strength and Conditioning Specialist or the Tactical Strength and Conditioning-Facilitator examinations offered by the National Strength and Conditioning Association (https://www.nsca.com) at the completion of their coursework. Students interested in careers in the field of sports medicine (athletic trainers, sports physical therapists, orthopedic surgeons, etc.) may also benefit from the coursework to provide an understanding of the training programs that accompany sports participation.

At a Glance

- **College/School:** College of Health Solutions
- **Location:** Downtown Phoenix campus
• Additional Program Fee: Yes
• Second Language Requirement: No
• First Required Math Course: MAT 117 - College Algebra
  or MAT 170 Precalculus
• Math Intensity: Moderate

Required Courses (Major Map)

2016 - 2017 Major Map
Major Map (Archives)

Admission Requirements

General University Admission Requirements:
All students are required to meet general university admission requirements.
Freshman | Transfer | International | Readmission

Change of Major Requirements

Students should refer to https://changemajor.apps.asu.edu for information about how to change a major to this program.

Transfer Options

ASU is committed to helping students thrive by offering tools that allow personalization of the transfer path to ASU. Students may use MyPath2ASU™ to outline a list of recommended courses to take prior to transfer.

ASU has transfer partnerships in Arizona and across the country to create a simplified transfer experience for students. These pathway programs include exclusive benefits, tools and resources, and help students save time and money in their college journey. Students may learn more about these programs by visiting the admission site: https://admission.asu.edu/transfer/pathway-programs.

Global Opportunities

Global Experience
With over 250 programs in more than 65 countries (ranging from one week to one year), study abroad is possible for all ASU students wishing to gain global skills and knowledge in preparation for a 21st century career. Students earn ASU credit for completed courses, while staying on track for graduation, and may apply financial aid and scholarships toward program costs. https://goglobal.asu.edu/
Career Opportunities

Many graduates of this program go onto careers which include:

- athletic trainer*
- fitness center director
- group exercise specialist
- personal trainer
- physical therapist*
- physical therapy technician
- sports performance coach
- sports performance director
- sports scout
- tactical performance coach

*Additional prerequisites and post-graduate degrees are required.

Career examples include but are not limited to those shown in the following list. Advanced degrees or certifications may be required for academic or clinical positions.

<table>
<thead>
<tr>
<th>Career</th>
<th>*Growth</th>
<th>*Median Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach</td>
<td>11.8%</td>
<td>$36,330</td>
</tr>
<tr>
<td>Physical Therapist Assistant</td>
<td>32.6%</td>
<td>$59,770</td>
</tr>
<tr>
<td>Sports Medicine Doctor</td>
<td></td>
<td>not available</td>
</tr>
</tbody>
</table>

* Data obtained from the Occupational Information Network (O*NET) under sponsorship of the U.S. Department of Labor/Employment and Training Administration (USDOL/ETA).

🌞 Bright Outlook 🌿 Green Occupation

Contact Information

INACTIVE School of Nutrition and Health Promotion | HLTHN 401AA
chs@asu.edu | 602-496-2644