Sports Science and Performance Programming, BS

Through theoretical and practical application, you learn the art and science of maximizing human performance capabilities for competition, work or recreation and to reduce the potential of injury for those participants.

Program Description

Sports science and performance programming focuses on understanding and optimizing physical abilities for active groups ranging from sports to occupational to tactical populations. The ability to work with individuals at close to maximal effort requires specialized knowledge and skills related to these specific populations. The National Strength and Conditioning Association identifies the need for the sports performance and tactical performance specialist to be more knowledgeable about all areas of human physiology and movement mechanics in order to keep up with the ever-expanding technologies used to monitor and provide feedback to the coach and participant.

The BS program in sports science and performance programming prepares students to work with participants whose primary objective is maximizing their performance potential, regardless of the environment. Pushing the limits of performance for success in sports, combat or other tactical situations as well as understanding the stress the body undergoes during training for sport, work or recreational activities allows degree recipients to best plan successful exercise and recovery programs. Graduates are well-prepared to sit for the test to become a Certified Strength and Conditioning Specialist or a Tactical Strength and Conditioning Facilitator through the National Strength and Conditioning Association, to work in the sports performance field, or for graduate study in advanced sports science programs.

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
• Math Intensity: Moderate

**Required Courses (Major Map)**

- 2020 - 2021 Major Map
- Major Map (Archives)

**Admission Requirements**

**General University Admission Requirements:**

All students are required to meet general university admission requirements.

**Change of Major Requirements**

A current ASU student has no additional requirements for changing majors.

Students should refer to [https://changingmajors.asu.edu/request](https://changingmajors.asu.edu/request) 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 the [Transfer Map search](https://changingmajors.asu.edu/request) 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](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://mystudyabroad.asu.edu/](https://mystudyabroad.asu.edu/)

### Career Opportunities

Career options for this degree include opportunities in sports performance training in high school, collegiate, professional and private sector markets. In addition, students are prepared for careers in tactical performance training with local, state and national governmental agencies including work with police, firefighters and military personnel.

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><strong>Athletic Trainer</strong></td>
<td>22.8%</td>
<td>$46,630</td>
</tr>
<tr>
<td><strong>Biomedical Engineer</strong></td>
<td>7.2%</td>
<td>$88,040</td>
</tr>
<tr>
<td><strong>Cardiovascular Technologist (CVT)</strong></td>
<td>9.9%</td>
<td>$55,270</td>
</tr>
<tr>
<td><strong>Coach</strong></td>
<td>12.9%</td>
<td>$32,270</td>
</tr>
<tr>
<td><strong>Exercise Physiologist</strong></td>
<td>13.1%</td>
<td>$49,090</td>
</tr>
<tr>
<td><strong>Fitness Instructor</strong></td>
<td>10.1%</td>
<td>$39,210</td>
</tr>
<tr>
<td><strong>Fitness and Wellness Coordinator</strong></td>
<td>10.6%</td>
<td>$81,630</td>
</tr>
<tr>
<td><strong>General Manager (GM)</strong></td>
<td>9.1%</td>
<td>$100,410</td>
</tr>
<tr>
<td><strong>Sports Medicine Doctor</strong></td>
<td>11.4%</td>
<td>#</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).

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### Contact Information