

EXERCISE SCIENCE AND WELLNESS - STRENGTH AND CONDITIONING (BACHELOR OF SCIENCE)

Students majoring in Exercise Science and Wellness – Strength & Conditioning concentration may attain this degree by completing:

Course	Title	Credits
Jax MIX General Education Curriculum		41
Pre-Professional Courses ¹		
HPE 109	Concepts of Wellness	3
HPE 165	Introduction Exercise Science and Wellness	1
HPE 232	Sports Safety and First Aid Training	2
HPE 272	Basic Athletic Training	3
BY 263	Human Anatomy and Physiology I	4
MS 204 or ST 260	Basic Statistics Statistics/Quantitative Methods I	3
FCS 215 or FCS 322	Introductory Nutrition Normal Nutrition	3
SSC 101	First Year Experience	0
Total Hours		60
Course	Title	Credits
Major Courses		
HPE 209	Essentials of Human Performance	3
HPE 362	Kinesiology	3
HPE 400	Exercise Physiology	3
HPE 413	Exercise Physiology Lab	1
HPE 415	Biomechanics (WI)	3
HPE 430	Exercise Prescription	3
HPE 440	Fitness Testing	3
HPE 441	Design of Wellness Programs	3
HPE 450	ESW Research Seminar (WI)	3
Concentration Requirements		
HPE 121	Beginning Weight Training	2
HPE 350	Introduction to Personal Training	3
HPE 363	Nutrition for Sports Performance	3
HPE 405	Scientific Principles of Conditioning	3
HPE 406	Physical Fitness Techniques	3
HPE 464	Practicum in Strength & Conditioning	6
PSY 422	Sport Psychology	3
Advisor Designed electives ²		12
Additional Requirements		
Obtain a faculty approved national certification.		
Total Hours		60

¹ Grade of C or better required for all Pre-Professional support courses.

² These hours may not be used to satisfy any other major requirements and must be selected from the following subjects:

ACC, BY, CBA, COM, CS, CY, EC, FIN, HPE, MGT, MKT, MS, MSC, NU, PHS, PSY, RT, ST, SY, or from specifically identified courses in ART, AE, AN, ASN, CJ, EH, EM, FCS, GNS, GY, HY, PSC, PST, SH, SPE, and SW.

Students will be classified as “ESW_Undecided” majors prior to assessment for upper-level ESW courses.

At the completion of the sophomore year, students may seek assessment into the ESW upper-level courses upon email invitation from the Kinesiology Office to attend the ESW assessment seminar.

Program candidates are only assessed twice per year during the ESW assessment seminar. Failure to attend the seminar will delay registration into upper-level courses. All of the following criteria must be met:

1. The candidate must have earned a minimum of 54 semester hours of college credit.
2. The candidate must have earned an overall grade point average of 2.50 based upon a 4.00 scale to include all HPE courses and BY 263 with a “C” or better. After assessment to the ESW upper-level courses (Strength and Conditioning concentration), the student is required to maintain a minimum 2.50 grade point average. In accordance with the Department of Kinesiology Grades Dismissal Policy, a student may repeat a professional course only once and may not accumulate more than three (3) grades of “D” or “F” in “professional studies” courses. In accordance with the Department of Kinesiology GPA Dismissal Policy, failure to maintain the appropriate GPA will result in dismissal from the ESW program. Reinstatement to the ESW program is at the discretion of the ESW committee.
3. The candidate must submit one (1) written recommendation (personal, professional or academic).
4. The candidate must confirm understanding of ESW curriculum requirements, along with personality, interests, and aptitudes consistent with a successful ESW career.

In addition to courses noted below, candidates for graduation must successfully complete all JSU Academic Regulations. More information about Jax MIX requirements (<https://catalog.jsu.edu/undergraduate/jax-mix-requirements/>) and Alabama Transfers equivalents (<https://catalog.jsu.edu/undergraduate/alabama-transfers-equivalents/>) can be found in their respective section of the catalog.

Freshman		Hours
Fall		
Jax MIX Communication: EH Composition sequence		3
MS 112	Precalculus Algebra (or higher excluding MS 114 and MS 204 - Jax MIX Communication)	3
PSY 201	Principles of Psychology (Jax MIX Experience)	3
Jax MIX Experience: History		3
BY 101 & BY 103	Introductory Biology I and Introductory Biology Lab I (Jax MIX Inquiry)	4
SSC 101	First Year Experience	0
Hours		16
Spring		
Jax MIX Communication: EH Composition sequence		3
Jax MIX Expression: Fine Arts		3
Jax MIX Experience		3
BY 263	Human Anatomy and Physiology I ¹	4
HPE 109	Concepts of Wellness ¹	3
HPE 165	Introduction Exercise Science and Wellness ¹	1
Hours		17

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Sophomore

Fall		
EH 141	Speech (Jax MIX Communication)	3
Jax MIX Expression: Literature		3
PSY 222	Human Development (Jax MIX Experience)	3
CY 105 & CY 107	General Chemistry I and General Chemistry Laboratory I (Jax MIX Inquiry)	4
HPE 209	Essentials of Human Performance	3
Hours		16

Spring		
Jax MIX Expression		3
FCS 215 or FCS 322	Introductory Nutrition ¹ or Normal Nutrition	3
HPE 121	Beginning Weight Training	2
HPE 232	Sports Safety and First Aid Training ¹	2
HPE 272	Basic Athletic Training ¹	3
MS 204 or ST 260	Basic Statistics ¹ or Statistics/Quantitative Methods I	3
Hours		16

Junior		
Fall		
HPE 350	Introduction to Personal Training	3
HPE 362	Kinesiology	3
HPE 400	Exercise Physiology	3
HPE 413	Exercise Physiology Lab	1
PSY 422	Sport Psychology	3
Advisor Designed Electives ²		3
Hours		16

Spring		
HPE 363	Nutrition for Sports Performance	3
HPE 405	Scientific Principles of Conditioning	3
HPE 415	Biomechanics (WI)	3
HPE 430	Exercise Prescription	3
Advisor Designed Electives ²		3
Hours		15

Senior		
Fall		
HPE 406	Physical Fitness Techniques	3
HPE 440	Fitness Testing	3
Advisor Designed Electives ²		6
Hours		12

Spring		
HPE 441	Design of Wellness Programs	3
HPE 450	ESW Research Seminar (WI)	3
HPE 464	Practicum in Strength & Conditioning	6
Hours		12
Total Hours		120

¹ Grade of C or better required for all Pre-Professional courses.

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ACC, BY, CBA, COM, CS, CY, EC, FIN, HPE, MGT, MKT, MS, MSC, NU, PHS, PSY, RT, ST, SY, or from specifically identified courses in ART, AE, AN, ASN, CJ, EH, EM, FCS, GNS, GY, HY, PSC, PST, SH, SPE, and SW.