

Undergraduate Certificate in Strength and Conditioning

The strength and conditioning certificate will offer students the opportunity to take a complimentary selection of courses to prepare for careers in strength and conditioning, including personal training and tactical strength and conditioning. Several of the courses are coupled with respective certification exam eligibility as provided by the National Strength and Conditioning Association. Strength and conditioning coaches help various types of athletes maximize performance through strength training, periodized exercise, and nutritional programs using practical and applied principles. Strength and conditioning professionals work with athletes at all levels, including individuals that may retain the desire to improve their strength, speed, agility, and endurance. The certificate program will emphasize the physiological, biomechanical, and metabolic demands of the related occupations as well as the organizational structure of facilities and management.

Students must register for the strength and conditioning certificate by emailing exsciedws@ku.edu. Degree-seeking undergraduate students who wish to apply to a certificate program must be in good standing in their departments or programs with a minimum 2.5 GPA. An individual who is not currently a degree-seeking student at KU must be admitted to the University of Kansas, register for the strength and conditioning certificate program, and meet with the program advisor.

To complete the certificate in Strength and Conditioning, students must complete the following courses totaling 15 credit hours:

Code	Title	Hours
HSES 305	Methods of Strength Training and Conditioning	3
HSES 306	Principles of Personal Training	3
HSES 307	Tactical Strength and Conditioning	3
HSES 331	Sport and Exercise Nutrition	3
HSES 350	Care and Prevention of Athletic Injuries	3
Total Hours		15

Upon completion of the five required courses, a student must apply for graduation of the certificate through the KU student portal.

At the completion of this program, students will be able to:

- Identify the core scientific principles that underpin exercise science and physical activity.
- Be able to locate accurate, reliable, peer reviewed scientific information and critically evaluate research and data in exercise science.
- Effectively evaluate and design exercise technique and exercise programs.
- Students will demonstrate knowledge of risk assessment and injury prevention.