

# STRENGTH AND CONDITIONING, CERTIFICATE

Code	Title	Credits
<b>Required Courses</b> <sup>1</sup>		
EXSC 100	Anatomical Kinesiology	3
EXSC 100L	Anatomical Kinesiology Lab	1
EXSC 300	Biomechanics of Human Motion	3
EXSC 350	Exercise Physiology	3
EXSC 350L	Exercise Physiology Lab	1
HLTH 110	First Aid and Safety/CPR	2
PE 335	Theory of Coaching/Teaching Strength and Conditioning;	2
PE 392	Prevention & Care of Athletic Injuries	2
<b>Total Credits</b>		<b>17</b>

<sup>1</sup>

First Aid/CPR/AED certification complete by HLTH 110 or prior certification.

Fundamentals of Coaching online course (NFHS-not an SMSU course) required to become certified to be a head coach in Minnesota following the MSHSL curriculum and MN state statute.