

Physical Training & Performance

Minor Contact

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Minor Code - U204

The Physical Training and Performance minor is designed for students interested in strength and conditioning. The minor provides students with an understanding of the theoretical and practical considerations associated with physical training (e.g., speed, agility, strength, endurance, flexibility, power) for improved athletic performance, fitness, and wellness.

Code	Title	Hours
A minimum grade of C- is required in all courses counted toward the minor.		
Students must take a minimum of 9 unique credit hours, distinct from any other academic credential, to earn the minor.		
REQUIRED COURSES		
PET 244	Motor Learning and Performance	2
ACE 310	Coaching Pedagogy	3
Select one of the following:		3
ACE 327	Applied Biomechanics	
EXPH 364	Kinesiology	
Select one of the following:		3
ACE 307	Applied Sport Physiology	
EXPH 386	Advanced Physiology of Exercise 1	
ACE 469	Basic Strength and Conditioning for Coaches	3
ACE 473	Strength and Conditioning Coaching Techniques	3
Total Hours		17