

BS in Sport Science with Emphasis in Strength and Conditioning

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Degree Program Description

The Bachelor of Science in Sports Science emphasis area in Strength and Conditioning prepares students to become evidence-based practitioners in athletic and human performance. This program provides students with the expertise to design, implement, and evaluate training programs tailored to sport-specific and occupational demands. Rooted in applied exercise physiology, biomechanics, performance training, and data interpretation, students develop skills that translate directly to real-world environments.

Students in the Sports Science emphasis in Strength and Conditioning degree gain a combination of classroom instruction and hands-on professional experience as they learn to collaborate with coaches, athletes, and rehabilitation specialists. Throughout the program, students build meaningful connections within a network of strength and conditioning professionals, enhancing mentorship and career opportunities.

Graduates are prepared for careers in collegiate and high school athletics, private performance facilities, tactical strength and conditioning, performance rehabilitation, and more. The Sports Science emphasis in Strength and Conditioning curriculum is accredited by the Council on Accreditation of Strength and Conditioning Education and is designed to prepare students to sit for the National Strength and Conditioning Association Certified Strength and Conditioning Specialist (CSCS) exam, positioning them for professional certification upon graduation.

Major Program Requirements

Students earning a Bachelor of Science in Sport Science must meet degree and University requirements (<https://catalog.missouri.edu/academicdegreerequirements/universityrequirements/>), including University general education (<https://catalog.missouri.edu/academicdegreerequirements/generaleducationrequirements/>) requirements.

In addition to completing major program requirements (<https://catalog.missouri.edu/collegeofhealthsciences/sportscience/bs-sport-science/>), students earning the Strength & Conditioning emphasis must complete the following emphasis requirements. A grade of C- or higher is required in the courses below.

SP_SCI 3630	The Female Performance Blueprint	3
SP_SCI 4500	Sport Science Capstone: Strength and Conditioning	3
SP_SCI 4560	Strength and Conditioning Internship	3-6

Semester Plan

First Year			
Fall	CR	Spring	CR
STAT 1200		3 ENGLISH 1000	3
NEP 1034		3 HIST 1100, POL_SC 1100, or HIST 1200	3
College of Health Sciences Elective		3 PSYCH 1000	3
Humanities Elective		3 Elective	3
		3 Elective	3
			15

Second Year			
Fall	CR	Spring	CR
PTH_AS 2201		3 SP_SCI 2131	1
COMMUN 1200 or AGSC_COM 2220		3 SP_SCI 2200	3
SP_SCI 2130		3 College of Health Sciences Elective	3
College of Health Sciences Elective		3 Writing Intensive Elective	3
Elective		3 Physical Science with Lab Humanities	3
			15
			16

Third Year			
Fall	CR	Spring	CR
SP_SCI 3130		3 SP_SCI 3250	3
SP_SCI 3131		1 PH_THR 4420 (or MPP 3500)	3
College of Health Sciences Elective		3 Elective	3
Elective		3 Elective	3
Elective		3 Elective	3
Elective		3	
			16
			15

Fourth Year			
Fall	CR	Spring	CR
SP_SCI 3630		3 SP_SCI 4500	3
SP_SCI 4440W		3 SP_SCI 4560	3-6
Elective		3 Elective	3
Elective		3 Elective	1
Elective		3	
			15
			10-13

Total Credits: 117-120

Degree Audit

The degree audit is an automated report reflecting a student's academic progress toward the completion of a degree.

MU students can request a degree audit by logging in to myDegreePlanner (<https://mydegreeplanner.missouri.edu>). Students may also access myDegreePlanner via myZou, in the Student Center, click on the Academic Progress Tile, then select Request Degree Audit. The audit automatically pulls in the student's MU course work, transfer courses and courses in progress. This is available to current students, admitted students, and those who last attended less than three terms ago.

Past MU students can request a degree audit by contacting the Academic Advising Unit of the division in which they were last enrolled at MU. For contact information, go to <https://advising.missouri.edu/contact/>.

Prospective students, can access a preliminary MU degree audit via <https://www.transferology.com> (<https://www.transferology.com/>). Information on the college credits already earned will have to be manually entered before it can be evaluated against current degree requirements.

For additional details on degree audits, go to <https://registrar.missouri.edu/degrees-audits/degree-audits/>.

Major and Career Exploration

The University of Missouri has many resources to assist you in exploring majors and career possibilities. For guidance, visit the Majors and Careers (<https://career.missouri.edu/career-and-major-exploration/>) website or view specific resources below.

- **Change your Major.** If you are considering changing your undergraduate major or are choosing between several majors, schedule an appointment with an advisor in the Discovery Center (<https://discoverycenter.missouri.edu/>) by calling (573) 884-9700 or through the Discovery Center service in your MU Connect (<https://mizzou.starfishsolutions.com/starfish-ops/dl/instructor/serviceCatalog.html?bookmark=service/3761489>) success network.
- **Decided on a Major.** If you have decided on a major, visit an academic advisor in the School or College that you are interested in to discuss the process of declaring that major (<https://advising.missouri.edu/majors-minors/changing-major/>).
- **Identify your Interests and Strengths.** If you would like to learn more about your career interests, abilities, values, and talents, visit the staff at the MU Career Center (<https://career.missouri.edu/>). No appointment is necessary to explore career options with one of our staff members.
- **Explore MU Majors.** If you would like information about MU majors and degree programs, visit Majors at Mizzou (<https://majors.missouri.edu/>) or the Degrees, Majors (Degree Programs), Emphasis Areas, Minors and Certificates (<https://catalog.missouri.edu/degreesanddegreeprograms/>) page in the catalog.

For additional major and career exploration resources, visit Major & Career Exploration (<https://catalog.missouri.edu/majorcareerexploration/>) in the catalog.