

Certificate in Sport Science

The Certificate in Sports Science provides students with the initial knowledge and skills to assist individuals across the lifespan in adopting physical activity, exercise, and other healthy behaviors that lead to increased fitness, wellness and optimal health. Students will have an opportunity to build an understanding of how to apply management concepts and business approaches towards the fitness industry. Students are prepared to begin the process to pursue national certifications provided by professional organizations in fields of study related to exercise and strength and conditioning.

Certificate awardees will possess:

- Foundational knowledge in fitness, exercise, and physical activity.
- Understanding of the need for helping people make healthy behavior changes and lessen unhealthy behaviors.
- Competencies for students to become better-rounded candidates for professional school and/or future job positions.

Requirements

Students must complete a minimum 12 hours. A grade of C- or higher is required in the Core course and Core Electives to earn the certificate.

Core Course Required (3 hours)

SP_SCI 2130	Exercise Techniques	3
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Core Electives (6 hours from list below)

SP_SCI 2200	Sport and Exercise Psychology	3
SP_SCI 3130	Exercise Techniques II	3
SP_SCI 3250	Foundations of Movement in Exercise	3
SP_SCI 3630	The Female Performance Blueprint	3

Electives (3 hours from list below)

SP_SCI 2131	Exercise Techniques I Lab	1
SP_SCI 3131	Exercise Techniques II Lab	1
SP_SCI 4440W	Fitness Programming - Writing Intensive	3
SP_SCI 4480	Technology and Science in Strength and Conditioning	3
MANGMT 3000	Principles of Management	3
MRKTNG 3000	Principles of Marketing	3
HLTH_SCI 2600	Principles of Rehabilitation for the Preprofessional	3
HLTH_SCI 2500	Introduction to Rehabilitation Science	3
PH_THR 4420	Foundations of Therapeutic Exercise	3
or MPP 3500	Sports Performance Physiology	
PRST 2010	Sport Management	3
PRST 2281	Business of Sport and Recreation	3
PRST 3080	Principles and Practices of Coaching Sport	3
PRST 3185	Sports Economics and Finance	3
NEP 1034	Introduction to Human Nutrition	3
NEP 1340	Introduction to Exercise and Fitness	3