

BACHELOR OF ARTS

# STRENGTH AND CONDITIONING

DEPARTMENT OF HEALTH, WELLNESS, AND EXERCISE SCIENCE

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**Location: Mother Teresa Center**

## PROGRAM MISSION

The mission of the Strength and Conditioning program at Benedictine College is to provide a top tier education in the community of faith and scholarship. We are committed to the preparation and development of skills necessary to successfully engage in a career in Strength and Conditioning or to pursue post-undergraduate education. The Program collaborates with the National Strength and Conditioning Association as an ERP educational program.

## PROGRAM OUTCOMES

- Graduates will have the ability to assess the physical ability of an athlete specific to a sport or desired fitness level.
- Graduates will have the ability to design a strength and conditioning program to meet the needs of an athlete or individual.
- Graduates will understand the energy systems of muscle physiology and to have an ability to manipulate programs to meet those needs.
- Graduates will demonstrate the ability to manage and utilize a strength and conditioning facility.



**BENEDICTINE**  
COLLEGE

1020 North Second Street  
Atchison, Kansas 66002

[Benedictine.edu/strengthandconditioning](https://Benedictine.edu/strengthandconditioning)

*Current as of January 2023*



**Be sure to take advantage  
of the support and  
guidance provided by  
Benedictine College's  
Student Success Center.**



## SUGGESTED SEQUENCE OF COURSES

Benedictine College is dedicated to providing a liberal arts education by combining a set of general education requirements (comprised of Core, Foundations, and Skills and Perspectives) with courses needed to fulfill requirements specific to your degree.

### FRESHMAN YEAR

GNST-1000	BC Experience	1
ENGL-1010	English Composition	3
EXSC-1115	Wellness for Life	1
EXSC-2209	Personal & Community Health	2
BIOL-1107	Principles of Biology	4
-	Mathematical Reasoning	3
-	Electives	2
<b>Total</b>		<b>16</b>

ENGL-2210	First Aid & Personal Safety	2
-	Aesthetic Foundation	3
EXSC-2240	Structural Anatomy	3
-	Historical Inquiry Foundation	3
-	Swimming Course	1
-	Electives	2
EXSC-2260	Muscular Involvement in Resistance Training	2
<b>Total</b>		<b>16</b>

### SOPHOMORE YEAR

-	Foreign Language	4
THEO-1100	Introduction to Theology	3
-	Aesthetic Experience	3
-	Person and Community Foundation	3
EXSC-2263	Care & Prevention of Athletic Injuries	3
<b>Total</b>		<b>16</b>

-	Foreign Language	4
PHIL-1750	Principles of Nature	3
-	Historical Inquiry Foundation	3
EXSC-3303 or EXSC-3340	Basic Nutrition or Sports Nutrition	3
EXSC-3330	Advanced Weights & Plyometric	2
-	Elective	1
<b>Total</b>		<b>16</b>

### JUNIOR YEAR

EXSC-3310	Introduction to Personal Training	3
EXSC-3357	Tests & Measurements of HWES	3
-	Faith or Philosophy	3
-	Natural World	4
EXSC-3380	Kinesiology & Biomechanics	3
<b>Total</b>		<b>16</b>

EXSC-3320	Essentials of Strength & Conditioning	3
-	Faith or Philosophy	3
-	Theory of Coaching	2
EXSC-3366	Physiology of Exercise	3
-	Dance Class	1
-	Electives	4
<b>Total</b>		<b>16</b>

### SENIOR YEAR

-	Faith or Philosophy	3
ATTR-4407	Pharmacology	2
-	Theory of Coaching	2
EXSC-3350	Psychology & Methods of Coaching	2
EXSC-4422	Strength & Conditioning Practicum	1
-	Electives	6
<b>Total</b>		<b>16</b>

-	Faith or Philosophy	3
EXSC-4402	Organization & Administration	2
EXSC-4423	Strength & Conditioning Practicum	1
-	Electives	10
STRC-COMP	Senior Comprehensive	cr
<b>Total</b>		<b>16</b>

#### OTHER DEPARTMENT OFFERINGS:

- BACHELOR OF ARTS IN ATHLETIC HEALTH CARE
- BACHELOR OF ARTS IN PHYSICAL EDUCATION
- MINORS IN EXERCISE SCIENCE & PHYSICAL EDUCATION

#### VIEW THE CATALOG FOR CLASS DESCRIPTIONS AND ADDITIONAL INFORMATION:

[BENEDICTINE.EDU/CATALOG](http://BENEDICTINE.EDU/CATALOG)