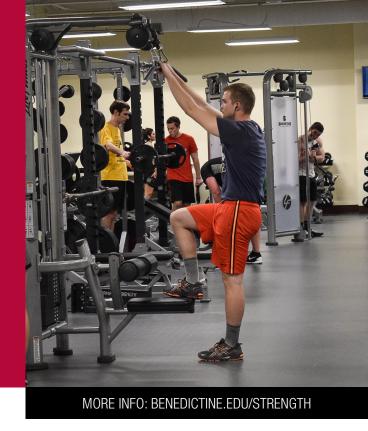


BACHELOR OF ARTS

STRENGTH & CONDITIONING

DEPARTMENT OF HEALTH, WELLNESS, & EXERCISE SCIENCE



DEPARTMENT OVERVIEW

The professional preparation of skilled teachers of physical education and health, as well as qualified persons in the allied areas of coaching, athletic training and the fields of leisure and sports management.

DEGREE OBJECTIVES

- Preparation for the student to pursue graduate studies;
- The opportunity for the student to experience both the learning of theory and the discovery of application through practical extracurricular experiences;
- The opportunity for certification in first aid, CPR, lifeguard training and water safety instruction;
- Wholesome health and fitness attitudes and knowledge for all students so that they may have the opportunity to discover and to choose healthy lifestyles.

CAREER OPPORTUNITIES

- Certified athletic trainer
- Personal trainer
- Coach

FACULTY

Jarod Crowley
Instructor & Athletic Trainer
Mary Flynn
Assistant Professor &
Department Chair
Patrick Hodapp
Adjunct & Head Athletic Trainer
Dennis Murphy
Instructor
David Slack
Associate Professor &
Director of Athletic Health Care
Jon Stammers, Ph.D.
Assistant Professor

LOCATION

Amino Center

CONTACT

Mary Flynn Professor & Department Chair mflynn@benedictine.edu 913.360.7603

SUGGESTED SEQUENCE OF COURSES

FRESHMAN YEAR

GNST-1000	BC Experience	1	ENGL-2210	First Aid & Personal Safety	2
ENGL-1010	English Composition	3	-	Aesthetic Foundation	3
EXSC-1115	Wellness for Life	1	EXSC-2240	Structural Anatomy	3
EXSC-1107	Beginning Weight Training	1	-	Historical Inquiry Foundation	3
EXSC-2209	Personal & Community Health	2	-	Swimming Course	1
BIOL-1107	Principles of Biology	4	-	Electives	4
-	Mathematical Reasoning	3			
EXSC-2260	Muscular Involvement in Resistance Training	2			
	Total	17		Total	16
OPHOMORE Y	YEAR				
-	Foreign Language	4	-	Foreign Language	4
THEO-1100	Introduction to Theology	3	PHIL-1750	Principles of Nature	3
-	Aesthetic Experience	3	-	Historical Inquiry Foundation	3
- EXSC-2263	Person and Community Foundation Care & Prevention of Athletic Injuries	3	EXSC-3303 or EXSC-3340	Basic Nutrition or Sports Nutrition	3
Erico 2203	Our & Prevention of Fametic Injuries	9	EXSC-3330	Advanced Weights & Plyometric	2
			-	Elective	1
	Total	16		Total	16
JNIOR YEAR					
EXSC-3310	Introduction to Personal Training	3	EXSC-3320	Essentials of Strength & Conditioning	3
EXSC-3357	Tests & Measurements of HWES	3	_	Faith or Philosophy	3
-	Faith or Philosophy	3	-	Theory of Coaching	2
_	Natural World	4	EXSC-3366	Physiology of Exercise	3
EXSC-3380	Kinesiology & Biomechanics	3	-	Dance Class	1
				Electives	4
	Total	16		Total	16
ENIOR YEAR					
-	Faith or Philosophy	3	-	Faith or Philosophy	3
ATTR-4407	Pharmacology	2	EXSC-4402	Organization & Administration	2
-	Theory of Coaching	2	EXSC-4423	Strength & Conditioning Practicum	1
EXSC-3350	Psychology & Methods of Coaching	2	-	Electives	10
EXSC-4422	Strength & Conditioning Practicum	1	STRC-COMP	Senior Comprehensive	cr
-	Electives	6		•	
	Total	16		Total	16

OTHER DEPARTMENT OFFERINGS:

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

VIEW THE CATALOG FOR CLASS DESCRIPTIONS AND ADDITIONAL INFORMATION:

BENEDICTINE.EDU/CATALOG

