

BACHELOR OF ARTS

STRENGTH & CONDITIONING

DEPARTMENT OF HEALTH, WELLNESS, & EXERCISE SCIENCE



MORE INFO: BENEDICTINE.EDU/STRENGTH

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
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913.360.7603

SUGGESTED SEQUENCE OF COURSES

FRESHMAN YEAR

GNST-1000	BC Experience	1
ENGL-1010	English Composition	3
EXSC-1115	Wellness for Life	1
EXSC-1107	Beginning Weight Training	1
EXSC-2209	Personal & Community Health	2
BIOL-1107	Principles of Biology	4
-	Mathematical Reasoning	3
EXSC-2260	Muscular Involvement in Resistance Training	2
Total		17

ENGL-2210	First Aid & Personal Safety	2
-	Aesthetic Foundation	3
EXSC-2240	Structural Anatomy	3
-	Historical Inquiry Foundation	3
-	Swimming Course	1
-	Electives	4
Total		16

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
Total		16

-	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
Total		16

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
Total		16

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
Total		16

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
Total		16

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

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



#WHEREGREATNESSBEGINS