

# EXERCISE AND SPORTS SCIENCE (STRENGTH AND CONDITIONING), MS

---

Code	Title	Hours
EXM-6010	Exercise and Sports Science	3
EXM-6020	Exercise and Sports Nutrition	3
EXM-6030	Leadership: Theory and Practice	3
<b>Strength and Conditioning</b>		
EXM-6120	Principles of Strength and Conditioning	3
EXM-6210	Sports Injury Prevention	3
EXM-6220	Program Design: Strength & Conditioning	3
EXM-6230	Functional Movement Assessment	3
EXM-6250	Spec Topics: Adv Strength & Conditioning	3
EXM-6990	Practicum in Exercise and Sport Science	3
EXM-6998	Master's Capstone: Human Movement	6
<b>Total Hours</b>		<b>33</b>