

Sports Science and Performance Programming, BS

NHSPTSPPBS

Do you want a career where your daily satisfaction comes from seeing the achievement of those you train? Discover the science of maximizing human performance, and learn how you can coach individuals to reach their personal best.

Program description

Supporting individuals to achieve their maximal potential requires specialized knowledge and skills. The BS program in sports science and performance programming prepares students to work with participants in sports, occupational and tactical environments, taking them to new physical heights.

Students learn the complexities of performance assessment and programming, which can be applied in sport science, sports medicine, strength and conditioning or tactical performance.

Graduates understand how to enhance performance potential, and recognize and respond to the stress the body undergoes during training, enabling them to plan successful exercise and recovery programs.

The National Strength and Conditioning Association has identified that advanced knowledge of human physiology, biomechanics, exercise prescription and assessment technologies is necessary for future success as a sports or tactical performance specialist. The bachelor's degree in sports science and performance programming has been designed with the competencies that enable graduates to be leaders in their future careers.

At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#), [West Valley](#)
- **Second language requirement:** No

- **First required math course:** MAT 117 - College Algebra or MAT 170 Precalculus
- **Math intensity:** Moderate 

Required courses (Major Map)

[2024 - 2025 Major Map](#)

[Major Map \(Archives\)](#)

Concurrent program options

Students pursuing concurrent degrees (also known as a "double major") earn two distinct degrees and receive two diplomas. Working with their academic advisors, students can create their own concurrent degree combination. Some combinations are not possible due to high levels of overlap in curriculum.

Admission requirements

General university admission requirements:

All students are required to meet general university admission requirements.

[First-year](#) | [Transfer](#) | [International](#) | [Readmission](#)

Tuition information

When it comes to paying for higher education, everyone's situation is different. Students can learn about [ASU tuition and financial aid](#) options to find out which will work best for them.

Change of Major Requirements

A current ASU student has no additional requirements for changing majors.

Students should visit the [Change of Major form](#) for information about how to change a major to this program.

Transfer options

ASU is committed to helping students thrive by offering tools that allow personalization of the transfer path to ASU. Students may use [MyPath2ASU®](#) to outline a list of recommended courses to take prior to transfer.

ASU has [transfer partnerships](#) in Arizona and across the country to create a simplified transfer experience for students. These pathway programs include exclusive benefits, tools and resources, and they help students save time and money in their college journey.

Program learning outcomes

Program learning outcomes identify what a student will learn or be able to do upon completion of their program. This program has the following program outcomes:

- Apply coaching strategies to maximize efficiency and performance of individuals and reduce the risk of injury under high stress during performance training.
- Understand the scientific foundations that govern adaptation and movement optimization identified as foundational competencies for the Certified Strength and Conditioning Specialist examination and necessary to properly construct advanced performance programs.
- Create evidence-based sports performance programs designed to improve individual and/or team performance and reduce the risk of injury potential during their participation in their activities.

Global opportunities

Global experience

Students studying sports science and performance programming work to push the limits of peak sports performance. When participating in a [Global Education program](#), they gain valuable skills in leadership, communication and critical thinking, which they can use to push the limits of their personal knowledge and experience as well. Study abroad experience allows students to stand out in a competitive field and leads to cultural enrichment and competency.

The College of Health Solutions recommends [these programs](#) for students majoring in sports science and performance programming.

Career opportunities

Degree coursework prepares students to sit for certification testing through the National Strength and Conditioning Association for certified strength and conditioning specialist or tactical strength and conditioning facilitator credentials.

Graduates are also prepared to work in the sports performance field or pursue graduate study in sports science, athletic training or other exercise science-related disciplines.

Career options for graduates who hold this degree include opportunities in sports performance training in high school, collegiate, professional and private sector environments. In addition, students are prepared for careers in tactical performance training with local, state and national government agencies, including work with police officers, firefighters and military personnel.

Potential career options include:

- athletic trainer
- fitness center director

- gait analyst
- performance center director
- sports data technician
- sports engineer
- sports scientist
- strength and conditioning coach
- tactical performance coach

Some of these positions may require additional education.

Example job titles and salaries listed below are not necessarily entry level, and students should take into consideration how years of experience and geographical location may affect pay scales. Some jobs also may require advanced degrees, certifications or state-specific licensure.

Career	*Growth	*Median salary
<u>Athletic Trainer</u> ☀	14.1%	\$53,840
<u>Coach</u> ☀	9.2%	\$44,890
<u>Exercise Physiologist</u> ☀	10.2%	\$51,350
<u>Fitness Instructor</u> ☀	13.7%	\$45,380
<u>Fitness and Wellness Coordinator</u>	4.3%	\$56,090
<u>General Manager (GM)</u> ☀	4.2%	\$98,100
<u>Sports Medicine Doctor</u>	3.0%	\$223,410

* Data obtained from the Occupational Information Network (O*NET) under sponsorship of the U.S. Department of Labor/Employment and Training Administration (USDOL/ETA).

☀ Bright Outlook

Professional licensure

ASU programs that may lead to professional licensure or certification are intended to prepare students for potential licensure or certification in Arizona. Completion of an ASU program may not meet educational requirements for licensure or certification in another state. For more information, students should visit the [ASU professional licensure](#) webpage.

Contact information

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