Sports Science and Performance Programming, BS

Do you love sports? Are you interested in helping people reach their peak performance --- safely? Learn the art and science of maximizing human performance across competitive and intense environments.

Program Description

Supporting individuals at close to maximal effort 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 to maximize their potential. Students learn the complexities of performance assessment which can enable careers in sport science, sports medicine or biomechanics.

The National Strength and Conditioning Association has identified a need for sports performance and tactical performance specialists to be more knowledgeable about human physiology, movement mechanics and the technologies used to provide feedback. Graduates understand how to push the limits of performance as well as the stress the body undergoes during training, enabling them to plan successful exercise and recovery programs.

At a Glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#)
- **Additional Program Fee:** Yes
- **Second Language Requirement:** No
• **First Required Math Course:** MAT 117 - College Algebra 
  or MAT 170 Precalculus 
• **Math Intensity:** Moderate

## Required Courses (Major Map)

### 2022 - 2023 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

## Change of Major Requirements

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

Students should refer to [https://changemajor.apps.asu.edu](https://changemajor.apps.asu.edu) 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™](https://mypath.asu.edu) 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. Students may learn more about these programs by visiting the admission site: [https://admission.asu.edu/transfer/MyPath2ASU](https://admission.asu.edu/transfer/MyPath2ASU).

## Global Opportunities

Global Experience
Students studying sports science and performance programming work to push the limits of peak sports performance. When studying abroad, students gain valuable skills in leadership, communication and critical thinking, which they can use to push the limits of their personal knowledge and experience. Study abroad allows students to stand out in a competitive field and leads to cultural enrichment and competency. https://goglobal.asu.edu/

Career Opportunities

Graduates are prepared to pursue certification as strength and conditioning specialists or tactical strength and conditioning facilitators through NCSA, to work in the sports performance field, or for graduate study in sports science programs.

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

Career examples include but are not limited to those shown in the following list. Advanced degrees or certifications may be required for academic or clinical positions.

<table>
<thead>
<tr>
<th>Career</th>
<th>*Growth</th>
<th>*Median Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Trainer</td>
<td>16.2%</td>
<td>$49,860</td>
</tr>
<tr>
<td>Cardiovascular Technologist (CVT)</td>
<td>5.4%</td>
<td>$59,100</td>
</tr>
<tr>
<td>Coach</td>
<td>11.8%</td>
<td>$36,330</td>
</tr>
<tr>
<td>Exercise Physiologist</td>
<td>11.3%</td>
<td>$50,280</td>
</tr>
<tr>
<td>Fitness Instructor</td>
<td>15.4%</td>
<td>$40,510</td>
</tr>
<tr>
<td>Fitness and Wellness Coordinator</td>
<td></td>
<td>not available</td>
</tr>
<tr>
<td>General Manager (GM)</td>
<td>5.8%</td>
<td>$103,650</td>
</tr>
<tr>
<td>Sports Medicine Doctor</td>
<td></td>
<td>not available</td>
</tr>
</tbody>
</table>

* 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  🌿 Green Occupation

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: https://admission.asu.edu/academics/licensure.

Contact Information

College of Health Solutions | HLTHN 4th floor
chs@asu.edu | 602-496-3300