Sports Science and Performance Programming, BS

Do you want to contribute to a team's success? Know you helped an individual win the race or earn that huge contract? Are you ready to prepare individuals to work at their full potential? Learn the art and science of maximizing human performance across competitive and extreme 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 in order to maximize their potential. Students learn the complexities of performance assessment and programming 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 recognize 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, West
- 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)**

2023 - 2024 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 college, 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 studying abroad, they 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 experience allows students to stand out in a competitive field and leads to cultural enrichment and competency. For more information, students can visit the Global Education Office website.

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 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. Graduates are also prepared to work in the emerging sports science field or to consult on athlete talent or potential.

A few potential career options from this degree or with some additional education include:

- athletic trainer
- fitness center director
- gait analyst
Career example titles and salaries listed below are not necessarily entry level, and students should take into consideration how years of experience, geographical location, and required advanced degrees or certifications may affect pay scales.

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

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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