Strength and Conditioning, MS

NHSTRCDMS

Lead the field of human performance with your knowledge of strength and conditioning theory and application and the art and science of coaching athletes. Use programming, recovery and injury prevention to help others achieve their goals.

Program Description

Degree Awarded: MS Strength and Conditioning
The MS program in strength and conditioning focuses on specialized knowledge of human physiology and movement mechanics to optimize the physical abilities of active groups, including athletic and tactical populations, and to prevent injury-related problems.

Required courses address advances in health and performance monitoring, how to design successful exercise and recovery programs for maximum physical performance, and coaching strategies that motivate increased individual effort in sport or work. Students gain practical experience that hones their coaching skills and refines their abilities to motivate individuals to achieve the increased workloads that are necessary for performance improvement.

This program prepares students to sit for certification examinations offered through the National Strength and Conditioning Association to become certified strength and conditioning specialists, tactical strength and conditioning facilitators or certified performance sports scientists.

At a Glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#)

Degree Requirements
30 credit hours and a written exam

Required Core (24 credit hours)
KIN 520 Applied Sport Psychology (3)
KIN 530 Exercise and Sport Physiology (3)
KIN 540 Sport Biomechanics (3)
NTR 555 Nutrition and the Athlete (3)
SSP 501 Data Collection, Analysis and Interpretation in Strength and Conditioning (3)
SSP 530 Advanced Performance Programming (3)
SSP 534 Measurement and Monitoring in Sport and Fitness (3)
SSP 560 Performance Sports Coaching (3)

Other Requirements (6 credit hours)
SSP 584 Internship (6)

Culminating Experience (0 credit hours)
written comprehensive exam (0)

Additional Curriculum Information
The written comprehensive exam covers the three coaching application courses SSP 530, SSP 534 and SSP 560.

The internship is a fully immersive experience working under a certified strength and conditioning specialist. Hours are spent learning all aspects of the job in addition to best practices for improving athletic performance.

Admission Requirements
Applicants must fulfill the requirements of both the Graduate College and the College of Health Solutions.

Applicants are eligible to apply to the program if they have earned a bachelor's or master's degree in exercise science, kinesiology, sports science, exercise physiology, human movement, physical education or a related field from a regionally accredited institution. Applicants with a bachelor's degree in another area may apply and be considered if they can demonstrate that they have experience in strength and conditioning.

Applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in the last 60 hours of their first bachelor's degree program, or applicants must have a minimum cumulative GPA of 3.00 (scale is 4.00 = "A") in an applicable master's degree program.

All applicants must submit:

1. graduate admission application and application fee
2. official transcripts  
3. two letters of recommendation  
4. written statement  
5. professional resume  
6. proof of English proficiency  

Additional Application Information  
An applicant whose native language is not English must provide proof of English proficiency regardless of current residency.  

If an applicant does not have a bachelor's degree in one of the areas listed above but has strength and conditioning experience, evidence must be included in either in the professional resume or written statement.  

Application Deadlines  

Fall  

Career Opportunities  
Graduates have acquired the fundamental skills to not only be a strength and conditioning coach but also to pursue a sports scientist career, a career as a tactical performance professional or a career working with high-activity occupations, i.e., military, police, firefighters or emergency medical technicians.  

Career opportunities are available as:  

- athletic trainers  
- exercise physiologists  
- fitness trainers and aerobics instructors  
- fitness and wellness coordinators  
- sports performance coaches or scouts  
- sports scientists  

Contact Information  
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