Strength and Conditioning, MS

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.

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**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. letter of intent  
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 their 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 the professional resume or letter of intent.

All applicants must have basic competencies in: human anatomy and physiology with laboratories (BIO 201 and BIO 202), exercise and sport physiology (SSP 315 and SSP 316), and applied anatomy and biomechanics of sport and movement (SSP 325).

The letter of intent should address the applicant's area of professional or scholarly interest, their professional goals, and relevant experience, background and training.

Academic or professional references are preferred for the letters of recommendation.

**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.

**Application Deadlines**  
**Fall**

**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:

- Evaluate the skills and abilities needed of an athlete to perform in a specific sport/activity.
- Create advanced strength and conditioning programs for sport or tactical (police, military, firefighter) populations to enhance performance and reduce participant’s risk of injury.
- Apply the appropriate coaching intervention based on their evaluation of the participant and their desired performance needs.

**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

**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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