

Check out our Website for more information at:

www.uwm.edu/CHS

Or, contact:

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This program description is published by the Office of Student Affairs, College of Health Sciences, University of Wisconsin-Milwaukee, and may be requested in accessible format. Please call (414) 229-2303.

Certificate in Strength and Conditioning

Overview of the Strength and Conditioning Certificate Program

There is a growing need for individuals entering the exercise and fitness professions to have greater competency in providing specialized programming in the area of strength training and conditioning. The Strength and Conditioning Certificate Program is designed to prepare students for the National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist exam. In addition, this program provides the basic knowledge (and in fact exceeds the requirements) for individuals to succeed on the NSCA-Certified Personal Trainer examination and the American Council on Exercise's (ACE)-Certified Personal Trainer examination.

The Strength and Conditioning Program incorporates the basic movement science curriculum with a number of courses that focus on 1) the application of fundamental principles of exercise and strength training and 2) preparation for nationally recognized certification exams (i.e., American Council on Exercise Personal Trainer, National Strength and Conditioning Association's Personal Trainer and Strength and Conditioning Specialist). The program may be taken concurrently by undergraduate students at UWM, or as a post-baccalaureate educational certificate program.

Course Requirements:	<u>Credits</u>
HMS 230 Health Aspects of Exercise and Nutrition (F/S) Prerequisites: none	3
HMS 320 Biomechanics (F/S/Su) Prerequisites: Bio Sci 202, Physics 110 or 120	3
HMS 330 Exercise Physiology (F/Su) Prerequisites: Bio Sci 203, HMS 230, Chem 100	4
HMS 336 Principles of Strength Training (S) Prerequisites: HMS 330	3
HMS 414 Therapeutic Exercise and Rehabilitation Techniques (S) Prerequisites: HMS 320, HMS 330	3
HMS 480 Organization & Admin – Fitness Industry (S) Prerequisites: HMS 320, HMS 330, HMS 350	3
HMS 481 Program Development and Evaluation in Exercise and Fitness (F) Prerequisites: HMS 270, HMS 320, HMS 330, HMS 350, HMS 480	3

Total Credits: 22

Key: S= Spring Semester F= Fall Semester
Su = Summer Session

NOTE: Completion of this academic program alone does not afford credentials as a “Certified Strength Coach.” Individuals must pass a national certification exam.

If You're Interested...

Students must file a form declaring their intent to pursue the Certificate in Strength and Conditioning. It is recommended that the student meet with Anna San Diego, Senior Advisor, who can assist in planning the sequence of coursework. Forms are available in the College of Health Sciences Student Affairs Office, Merrill 115. To make an appointment with the advisor for this program, call 229-2758.

Update: 8/3/07

Related Programs and Degrees:

Students interested in pursuing a career in the health and fitness industry may wish to examine one of the various degree programs or other certificate programs offered at UWM. Degree programs include the Bachelor of Science in Kinesiology:

- Athletic Training
- Exercise and Fitness
- Health and Fitness Management
- Pre-Physical Therapy

Certificate Programs which would enhance one's marketability in the health and fitness professions include:

- Strength and Conditioning Certificate
- Nutrition Certificate
- Study of Complementary and Alternative Medicine

For more information about the College of Health Sciences and its academic programs, please call (414) 229-2758.