

Strength and Conditioning

FRESHMAN YEAR

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| Fall Semester | 16 Credits |
| EXSS 1011 | Introduction to Exercise Science(3) |
| BIOL 1200 | Anatomy and Physiology I (4) |
| ENGL 1100 | Writing I(3) |
| MATH 1700 | Applied Statistics(3) |
| | Free Elective(3) |

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| Spring Semester | 16 Credits |
| PSY 1100 | Introduction to Psychological Science.....(3) |
| BIOL 1300 | Anatomy and Physiology II (4) |
| ENGL 1200 | Writing II(3) |
| | LA&S Elective(3) |
| | LA&S Elective(3) |

JUNIOR YEAR

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| Fall Semester | 14 Credits |
| EXSS 1450 | Weight Training for Athletes (1) |
| EXSS 2300 | Nutrition for Exercise and Sport(3) |
| EXSS 4200 | Professional and Career Development(3) |
| EXSS 3012 | Practicum in Strength Training & Conditioning / 1-B (1) |
| | LA&S Elective(3) |
| | LA&S Option Course(3) |

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|------------------------|---|
| Spring Semester | 14 Credits |
| EXSS 1460 | First Aid / CPR / AED (1) |
| EXSS 3001 | Assessment for Strength Training & Conditioning..... (1) |
| EXSS 3450 | Exercise Testing and Prescription. (4) |
| EXSS 4000 | Fundamentals of Coaching.....(3) |
| EXSS 4002 | Practicum in Strength Training & Conditioning / 2-A.....(2) |
| | LA&S Option Course(3) |

LA&S Elective List

- 1 AOM attribute (Art or Music)
- 1 ART attribute (the Arts)
- 1 CTW attribute (Citizenship & The World)
- 1 HIST subject (History)
- 1 LIT attribute (Literature)
- 1 SMT attribute (Sci, Math, & Tech)

Advanced LA&S Options Area

Review the three options with your advisor and submit your decision to the Registrar's Office by completion of 60 credits.

SOPHOMORE YEAR

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| Fall Semester | 16 Credits |
| EXSS 2050 | Functional Anatomy.....(3) |
| EXSS 2065 | Introduction to Research in Exercise Science(3) |
| EXSS 2071 | Exercise Physiology I (4) |
| | LA&S Elective(3) |
| | LA&S Elective(3) |

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| Spring Semester | 17 Credits |
| EXSS 2023 | Introduction to Sports Medicine.....(3) |
| EXSS 2072 | Exercise Physiology II (4) |
| EXSS 3120 | Scientific Foundations of Strength Training & Conditioning(3) |
| EXSS 3011 | Practicum in Strength Training & Conditioning / 1-A (1) |
| EXSS 2400 | Health Promotion(3) |
| | LA&S Elective(3) |

SENIOR YEAR

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|----------------------|---|
| Fall Semester | 15 Credits |
| EXSS 4003 | Practicum in Strength Training & Conditioning / 2-B....(2) |
| EXSS 4005 | Biomechanics and Motor Control of Human Movement (4) |
| EXSS 4040 | Fitness Management(3) |
| | LA&S Option Course(3) |
| | Free Elective(3) |

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| Spring Semester | 12 Credits |
| EXSS 4950 | Internship (6) |
| | LA&S Option Course(3) |
| | Free Elective(3) |

Global Diversity Area

Two courses taken must meet the Global Diversity requirement: GDAN course + (GDC or GDCN course) **OR** GDCN course + (GDA or GDAN course). These courses are allowed to satisfy this requirement and another requirement at the same time.

STRENGTH AND CONDITIONING

Information Sheet



Program Summary

Fitchburg State's Exercise and Sports Science programs prepare graduates for professional careers as well as advanced graduate studies in a variety of fields. In the Strength and Conditioning concentration you will learn the skills and abilities to be successful working with recreational to professional athletes in a commercial setting or with collegiate or professional teams. This program prepares you for nationally recognized strength and conditioning certification exams.



The faculty is diverse in their content expertise and experiences. We disseminate knowledge through a variety of high impact teaching strategies that include writing intensive projects, class



presentations, collaborative assignments and projects, and laboratory work. Every student in Exercise and Sports Science finishes their academic career in a service learning experience in the form of an internship. Students explore issues and analyze evidence

through "hands-on" experience that are conducted through the department's exercise physiology and functional anatomy laboratories, the Landry Strength and Conditioning Center, and the Recreation Center.

Sample Employers

- NHL New Jersey Devils (Performance Science and Reconditioning Coach)
- AHL Charlotte Checkers (Strength and Conditioning Coach)
- Mike Boyle Strength and Conditioning (Strength and Conditioning Coach)

Internship Sites

- Mike Boyle Strength and Conditioning
- Assumption College
- UMass Lowell Sports Performance
- Cressey Sports Performance
- Athletic Evolution
- College of the Holy Cross

PROGRAM HIGHLIGHT

Strength & Conditioning and the Landry Arena



The Exercise and Sports Science program at Fitchburg State has access to one of the newest facilities on campus, the Landry Strength and Conditioning Center in the Carmelita Landry Arena boasts the newest in technology in the field, multiple weight stations, Keiser Functional and Triple Trainers, and will soon be equipped with an OptiTrak Motion Capture System. The arena itself is equipped with an indoor turf field for year-round practices and workouts. Exercise and Sports Science faculty use the arena for lab and practicum activities in a variety of courses, including the strength and conditioning practicums, where students work with the head Strength and Conditioning coach to learn how to train Fitchburg State's student athletes in one of the most unique facilities at any public university in our region.

"To this day, I am still close with my classmates and professors. Choosing the Fitchburg State Exercise and Sports Science program was one of the most influential decisions I've ever made. The doors that have opened and the opportunities I've been afforded both personally and professionally directly circle back to my time at Fitchburg. I couldn't be happier about my time there.

— **Devan McConnell '08, Director of Performance Science and Reconditioning, New Jersey Devils**