

# STRENGTH AND CONDITIONING (MS)

Code	Title	Credits
KHS 513	Scientific Principles of Strength and Conditioning	3
KHS 600	Advanced Exercise Physiology	3
KHS 590	Psychology of Sport and Exercise	3
KHS 610	Research Methods	3
KHS 585	Advanced Functional Anatomy & Biomechanics in Exercise Science	3
KHS 605	Advanced Nutrition and Metabolism	3
KHS 514	Exercise and Fitness Assessment	3
KHS 524	Advanced Program Design for Special Populations	3
KHS 615	Advanced Exercise Prescription	3
KHS 570	Ethics and Sociology in Sport and Exercise Science	3
KHS 620	Master's Capstone	3
<b>Total Credits</b>		<b>33</b>

Course	Title	Credits
<b>First Year</b>		
<b>First Semester</b>		
KHS 513	Scientific Principles of Strength and Conditioning	3
KHS 600	Advanced Exercise Physiology	3
<b>Second Semester</b>		
KHS 590	Psychology of Sport and Exercise	3
KHS 610	Research Methods	3
<b>Third Semester</b>		
KHS 585	Advanced Functional Anatomy & Biomechanics in Exercise Science	3
KHS 605	Advanced Nutrition and Metabolism	3
<b>Credits</b>		<b>18</b>
<b>Second Year</b>		
<b>First Semester</b>		
<b>Second Semester</b>		
KHS 615	Advanced Exercise Prescription	3
KHS 570	Ethics and Sociology in Sport and Exercise Science	3
<b>Third Semester</b>		
KHS 620	Master's Capstone	3
<b>Credits</b>		<b>9</b>
<b>Total Credits</b>		<b>27</b>