

COACHING STRENGTH AND CONDITIONING, CERTIFICATE OF PROFICIENCY

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The Coaching Strength and Conditioning Certificate of Proficiency equips students with the knowledge and skills needed to meet current industry trends in sports and fitness. This certificate prepares individuals for careers in coaching, athletic training, fitness instruction, and sports administration, with many related professions experiencing strong job growth, as projected by the U.S. Department of Labor.

Certificate Goals:

- Apply scientific and theoretical concepts essential to physical education and training.
- Administer and interpret fitness/performance assessments for effective programming.
- Design training plans for individuals, teams, and fitness classes.
- Develop and sustain key physical attributes related to health, fitness, and performance.

Curriculum

Code	Title	Hours
HES 2013	Weight Training for Personal Trainers, High School Athletics and Strength Coaching ¹	3
HES 2023	Endurance Programming and Conditioning ¹	3
HES 2043	Applied Fitness Assessment and Development ¹	3
HES 3013	Coaching Power, Speed, and Agility ¹	3
HES 4023	Principles of Strength and Conditioning ¹	3
Total Hours		15

¹ Must earn a grade of "C" or better on all courses.

Learning Outcomes

Students who complete the program will:

1. Know and apply discipline-specific scientific and theoretical concepts critical to the development of physically educated individuals.
2. Administer fitness/performance tests and interpret the results to facilitate effective programming.
3. Develop effective training plans and programs for clients, classes, and/or teams.
4. Develop and maintain physical variables related to health, fitness, and performance.

For program assessment visit: https://www.atu.edu/assessment/program_assessment.php