

# STRENGTH AND CONDITIONING MINOR

The Strength and Conditioning minor is a common minor for health and wellness, sports and exercise health care, sport pedagogy and physical education students. The minor provides students with preparation for the fields of strength and conditioning, wellness, and for related graduate work. It also helps students prepare for specialty certifications through the National Strength and Conditioning Association, the American College of Sports Medicine and the National Academy of Sports Medicine. Strength and conditioning courses have specific pre-requisites, which are stated in the course descriptions.

Admission to the Strength and Conditioning minor is competitive due to a limited number of student slots available and is based on skills and knowledge competencies acquired in BIO 114 and lab, BIO 115 and lab, and KIN 235. Each course must be completed with a grade of C (2.0) or higher. The applicant must attain a minimum C (2.0) cumulative GPA in these five courses and an overall college GPA of C (2.0) or higher. Majors from other departments are eligible for selection by meeting the above requirements. Students interested in the Strength and Conditioning minor at Canisius University must complete a Change of Major/Minor form. Application for the minor must be completed following enrollment in KIN 235.

Dr. Karl Kozlowski serves as advisor for the Strength and Conditioning minor program in the Department of Kinesiology.

**Note:** Health and Wellness Majors will need to add one additional course outside of the approved curriculum, as minors require 9 unique credits that are not counted towards any other degree or minor.

Minors are an important part of the undergraduate curriculum. If students declare a minor by sophomore year, they can usually complete it in a timely manner. Students should work with their advisor to determine if it is possible that the minor can be completed by graduation.

To receive a minor, a student must complete at least 9 credit hours of coursework distinct from their major(s) and from other minors, and students must complete more than 50% of the coursework required for the minor at Canisius. Please note that "ancillary/supporting" courses required for a major may still count as distinct courses as long as the remaining coursework still meets the 30 credit-hours required for a major. For more information about minor policies, please see the Declaring Majors and Minors (<http://catalog.canisius.edu/undergraduate/academics/student-records/declaring-majors-minors/>) page in the catalog.

## Curriculum

Code	Title	Credits
BIO 114 & 114L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	4
BIO 115 & 115L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
KIN 115	Nutrition	3
KIN 235	Kinesiology	3
KIN 336	Physiology of Exercise	3
KIN 337	Exercise Principles and Applications	3
KIN 420	Strength & Conditioning Applications	3

PED 365	Principles and Philosophy of Coaching	3
Total Credits		26

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