

# STRENGTH AND CONDITIONING

Athletic training • Performance coaching • Biomechanics



The Strength and Conditioning major at UW-Oshkosh offers an evidence-based curriculum combined with clinical experiences to equip students with the skills to design training programs, particularly for those with performance goals. This program prepares graduates to excel in athletic environments and pursue the nationally recognized Certified Strength and Conditioning Specialist (CSCS) certification.

## MAJOR FACTS

- One of only 25 nationally accredited strength and conditioning programs (only one in Wisconsin)
- 81% first-time CSCS exam pass rate (national pass rate is 38%)
- Hands-on lab/clinical experience; 15:1 student-faculty ratio

## EXPERIENTIAL LEARNING

The Strength and Conditioning major incorporates practical learning through hands-on activity sessions within many courses. Students combine classroom knowledge and technology to develop coaching skills in areas like teaching resistance training exercises, analyzing sprinting technique and assessing performance data. Senior students also apply their skills through two off-campus clinical experiences – a 3-credit course and a culminating 12-credit internship.

## FEATURED EMPLOYERS



## CLASSES

- Strength Training Techniques
- Physiology of Exercise
- Nutrition for Health and Performance
- Performance Assessment Techniques
- Strength and Conditioning Program Design
- Clinical Experience in Strength and Conditioning

## SUCCESSFUL STUDENTS ARE:

- Interested in human performance
- Motivated
- Great communicators
- Energetic
- Excited about coaching others

## COMMON JOB TITLES

- Strength and Conditioning Coach
- Performance Specialist
- Performance Director
- Human Performance Researcher

## STUDENT ORGANIZATIONS

### Kinesiology Club

Cultivates well-rounded professionals who promote healthy living by providing networking, educational programs, workshops, speakers and conferences to enhance student knowledge and skills in exercise, sports and supportive environments.



Learn more about majors and career opportunities.