

# Winona State University - Strength & Conditioning Major

## Fall 2022

GENERAL EDUCATION				Date	SH	GR	Name	Tech ID					
<b>Goal 1: Communication (7 SH)</b>				Address				Email					
<b>A. College Reading &amp; Writing (4 SH)</b>				Major should keep this form up to date by recording grades earned each semester, and use it when requesting help from an advisor in registration.									
ENG 111		4					Date	SH	GR		Date	SH	GR
<b>B. Oral Communication (3 SH)</b>				<b>Core Requirements (41 SH)</b>				<b>Exercise Science (30 SH)</b>					
CMST 191 Introduction to Public Speaking OR				<b>HERS (30 SH)</b>				<b>HERS (26 SH)</b>					
CMST 192 Introduction to Speech Communication				205 Nutrition for Lifetime Wellness				HERS 204 Personal & Community Health					
<b>Goal 2: Critical Thinking</b> <i>Met with completion of other goals.</i>				280 Foundations of Exercise Science				HERS 328 Behavioral Interventions <i>✎O</i>					
				291 Prevention & Care of Athletic Injuries				HERS 335 Exercise Science Seminar <i>(offered fall only)</i>					
<b>Goal 3: Natural Science (7 SH)</b>				314 Anatomical Kinesiology				HERS 350 Program Planning					
*BIOL 211 Anatomy & Physiology I				340 Physiology of Exercise <i>✎W</i>				HERS 362 Practicum in SC (taken twice; 1 credit/semester)					
*BIOL 212 Anatomy & Physiology II				370 Mechanical Kinesiology				HERS 389 Strength & Conditioning					
				380 Lab Methods in Exercise Science				HERS 402 Advanced Fitness Programming					
<b>Goal 4: Mathematics/Logical Reasoning (3-4 SH)</b>				445 Medical Aspects of Exercise <i>✎W</i>				HERS 495 Internship in Strength & Conditioning					
*STAT 110 Fundamentals of Statistics				460 Nutrition for the Physically Active				<b>NURS (1 SH)</b>					
				468 Pathophysiology for Health Professions <i>✎CA</i>				NURS 361 Pharmacology for Non-nursing Majors					
<b>Goal 5: History &amp; Social/Behavioral Sciences (9 SH)</b>								<b>PSY (3 SH)</b>					
<i>Requires from at least two different subject areas.</i>				<b>Biology (8 SH)</b>				*PSY 210 Introduction to Psychological Science					
*PSY 210 Intro to Psychological Science				*211 Anatomy and Physiology I									
				*212 Anatomy and Physiology II				<b>SUGGESTED ELECTIVES</b>					
								Discuss with advisor (based on future goals/interests)					
				<b>STAT (3 SH)</b>									
<b>Goal 6: Humanities &amp; Fine Arts (9 SH)</b>				*110 Fundamentals of Statistics				3					
<i>Requires from at least two different subject areas.</i>													
<b>Goal 7: Human Diversity (3 SH)</b>													
<b>Goal 8: Global Perspective (3 SH)</b>													
<b>Goal 9: Ethical &amp; Civic Responsibility (3 SH)</b>													
<b>Goal 10: People &amp; the Environment (3 SH)</b>													
<b>Additional WSU Graduation Requirements</b>													
<b>Physical Development &amp; Wellness (2 SH)</b>													
HERS 204 Personal & Community Health								3					
HERS 205 Nutrition for Lifetime Wellness								3					

\* Double counts in General Education

*✎W* Writing INTENSIVES (6 SH)

*✎O* Oral INTENSIVES (3 SH)

*✎CA* Mathematical/Critical Analysis INTENSIVES (3 SH)

**TOTAL Semester Hours: \_\_\_\_\_SH**  
(120 SEMESTER HOURS REQUIRED TO GRADUATE)

# Winona State University - Strength & Conditioning

# 4-Year Plan

Note: If you are enrolled in additional options or majors this schedule will be adjusted.

	Fall Semester	Spring Semester
<p><b>Freshman Year</b></p> <p><b>Expect to take 15 credits/semester to graduate on time with 120 SH.</b></p>	BIOL 211 Anatomy & Physiology I (4) OR 100 Introduction to Higher Education (1) HERS 204 Personal & Community Health (3) OR HERS 205 Nutrition for Lifetime Wellness (3) ENG 111 College Reading & Writing (4) OR CMST 192 Intro to Speech Communication (3) STAT 110 Fundamentals of Statistics (3)	BIOL 212 Anatomy & Physiology II (4) HERS 280 Foundations of Exercise Science (3) HERS 204 Personal & Community Health (3) OR HERS 205 Nutrition for Lifetime Wellness (3) PSY 210 Introduction to Psychological Science (3) ENG 111 College Reading & Writing (4) OR CMST 192 Intro to Speech Communication (3)
Sophomore Year	HERS 291 Prevention & Care of Athletic Injuries (2) HERS 340 Physiology of Exercise (4)  3 General Education Courses (9)	HERS 314 Anatomical Kinesiology (3)  3 General Education/Elective Courses (9)
<p>Junior Year</p> <p>Prior to Enrolling in Practicum, you must be current in First Aid and CPR/AED certifications, complete a background check, provide proof of health insurance, provide immunization records from healthcare provider, and proof of yearly tuberculosis (Tb) test. You must also complete:</p> <ul style="list-style-type: none"> <li>• BIOL 211 &amp; 212</li> <li>• HERS 389 or 402</li> <li>• STAT 110</li> <li>• GPA <math>\geq</math>2.5</li> </ul>	HERS 328 Behavioral Interventions (3) HERS 380 Lab Methods (2) HERS 389 Strength & Conditioning (3) HERS 445 Med Aspects of Exercise (3)	HERS 362 Practicum (1) (need to take it twice) HERS 402 Advanced Fitness Programming (3) HERS 307 Mechanical Kinesiology (4)  NURS 361 Pharmacology for nonNURS majors (1)  1-2 General Education/Elective Courses  <b>INTERNSHIP SEARCH BEGINS!</b> Information Needed Prior to Internship <ul style="list-style-type: none"> <li>• Current Adult CPR/AED &amp; Standard First Aid certification</li> <li>• Mantoux Test &amp; Immunizations Records from healthcare provider</li> <li>• Proof of Health Insurance</li> <li>• Background Study</li> <li>• Important Notices Form</li> </ul>
<p>Senior Year</p> <p>Secure Internship during Fall semester &amp; submit Intent to Internship form &amp; DARS to internship instructor.</p> <ul style="list-style-type: none"> <li>• Fall interns by APRIL 1</li> <li>• Spring interns by NOVEMBER 1</li> <li>• Summer interns by MARCH 1</li> </ul>	HERS 335 Exercise Science Seminar (1) (offered fall only) HERS 350 Program Planning (3) HERS 362 Practicum (1) (need to take it twice) HERS 460 Nutrition for the Physically Active (3) HERS 468 Pathophysiology for Health Professions (3) 1-2 General Education/Elective Courses	HERS 495 Internship in Strength and Conditioning (8-12) 15 weeks (full time)  <b>APPLY FOR GRADUATION!</b>