

STRENGTH AND CONDITIONING SPECIALIST CERTIFICATE – M107

Contact: Dr. Patti Mantia, 413-552-2449, pmantia@hcc.edu

COURSE TITLE	COURSE NUMBER	PREREQUISITES	CREDITS	SEMESTER TAKEN	GRADE
GENERAL EDUCATION REQUIREMENTS			12		
Standard First Aid and Personal Safety/CPR <u>or</u> Sports First Aid	HFN 103 HFN 104		1		
Sports Supplementation	HFN 106		1		
Tools for Resistance Training	HFN 131		1		
Principles and Practices of Strength Training	HFN 185	HFN 183 or HFN 134 or BIO 217	3		
Fitness Professional Seminar/Internship 1	HFN 190	PER 134, PER 172, or PER 183	3		
Introduction to Nutrition	NTR 101	Eligibility for ENG 101	3		
PROGRAM ELECTIVES (Select one of the following courses)			1-3		
PACE (People with Arthritis Can Exercise)	HFN 108	HFN 134 or HFN 183, or HFN 180 and HFN 181 or Industry Certification in Group Exercise or Personal Training or permission of instructor or department chair	1		
Fundamentals of Coaching	HFN 110		3		
Leading Group Exercise (Spring)	HFN 134		3		
Exercise in Health and Disease	HFN 170		3		
Prevention, Assessment and Care of Sports Injuries	HFN 178		3		
Current Issues in Sports and Fitness	HFN 179		3		
Personal Trainer/Fitness Counselor	HFN 183		3		
Nutrition Throughout the Lifecycle	NTR 201	NTR 101	3		
Select two of the following courses:			2		
Physical Conditioning I	HFN 180		1		
Physical Conditioning II	HFN 181		1		
Physical Conditioning III	HFN 182		1		
Total Credits			15-17		

PROGRAM OVERVIEW
The Strength and Conditioning Specialist Certificate is designed for the student who wants to specialize in the area of strength and conditioning for health, fitness, and sports and/or prepare for national certification in strength training.

NOTES:

¹ HFN 190 strongly suggested to be taken after HFN 110 or 134 or 183.