



STRENGTH & CONDITIONING



University of Findlay

Program Overview

The University of Findlay's Strength and Conditioning (SCON) Program prepares students for practical application of principals relating to human and athletic performance. Students are equipped with skills necessary to serve as a Strength and Conditioning professional in the field. These practitioners work with both individuals and teams to enhance speed, strength and agility, while improving overall performance.

Successful completion of the Strength and Conditioning Program of study will prepare students to sit for the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) or Certified Personal Trainer (CPT) examinations.

A passing score on these certification exams is not necessary for awarding a Bachelor of Science degree in Strength and Conditioning by the University of Findlay.

Our students are well prepared to pursue graduate study in Athletic Training,

Physical Therapy, Exercise Science, and other areas of graduate study. A major in Strength and Conditioning consists of a comprehensive curriculum incorporating required and elective coursework. This degree focuses on concepts and applications of scientific principals of Strength and Conditioning.

Program Highlights

Students are instructed by highly qualified faculty mentors with extensive real-world experience in the field.

Students will gain experience through 200+ hours of hands-on experience in practical experience practicums and internships working with our Findlay sports teams, area fitness and performance training facilities, and regional sports teams.

The University of Findlay's Strength and Conditioning program is recognized by the National Strength and Conditioning Association (NSCA) as an Education Recognition Program (ERP) for its standardized approved program.

WHY STRENGTH & CONDITIONING?

Choosing a career in Strength & Conditioning means choosing to make an impact on human performance. Strength coaches are more than trainers, they are scientists, teachers, and motivators who help athletes, tactical professionals, and everyday individuals reach their fullest potential. This is a field where passion for training and performance becomes a profession, where science and sport meet, and where careers stretch from high schools to the pros, from rehabilitation clinics to military bases.

ABOUT OUR FACULTY

The faculty share a blend of coaching, clinical experience, academic expertise, and industry connections, to prepare students for success in every aspect of human performance.

12:1

student-to-faculty ratio ensures individual attention

300+

hours of hands-on experience in practicums and internships

Partnerships with local schools, gyms, clinics, and NCAA Athletics.

RECENT GRADS WERE HIRED AT COMPANIES LIKE THESE:



SAMPLE CURRICULUM

Year 1

Fall Semester

Intro to Health Professions*	1 hr
College Writing II	3 hrs
Introduction to Exercise Technique	1 hr
Anatomy & Physiology I w/ Lab	4 hrs
Digital Literacy*	3 hrs

Spring Semester

First Aid and Care of Athletic Injuries	2 hrs
General Psychology*	3 hrs
Wellness*	2 hrs
Anatomy & Physiology II w/ Lab	4 hrs
Trigonometry*	3 hrs

Year 2

Fall Semester

Foundations of Personal Training	2 hrs
Elementary Statistics*	3 hrs
Conceptual Physics w/ Lab*	4 hrs
Structural Anatomy*	3 hrs
Introduction to Philosophy*	3 hrs

Spring Semester

Practical Applications in Personal Training	2 hrs
Physiology of Exercise	3 hrs
Physics w/ Lab*	4 hrs
Art Appreciation*	3 hrs
Principles of Speech*	3 hrs

Year 3

Fall Semester

Foundations in Strength & Conditioning	3 hrs
Human Nutrition	3 hrs
Biomechanics	3 hrs
Practicum in Personal Training	1 hr
Environment & Society*	3 hrs

Spring Semester

Exercise Prescription for Special Populations	3 hrs
Research Methods Health & Human Performance	3 hrs
Writing for the Sciences*	3 hrs
Interpersonal Communication*	3 hrs
Perceptual Motor Development & Learning*	3 hrs

Year 4

Fall Semester

Strength & Conditioning I	3 hrs
Experiential Learning*	3 hrs
Research*	3 hrs
Philosophy & Practice of Coaching*	3 hrs
Intercultural Communication*	3 hrs

Spring Semester

Strength & Conditioning II	3 hrs
Practicum: Strength & Conditioning	2 hrs
Senior Seminar	1 hr
Sports Nutrition*	3 hrs
Applied Sports Psychology*	3 hrs

* Indicates a CORE+ Course or Major Elective. In most cases, there are a variety of courses to choose from. Your academic advisor will help you select the best courses for your interests and to prepare you for your future career.



“A strong foundation.”

“The University of Findlay’s SCON Program gave me a strong foundation that I’ve relied on in every role I’ve held since graduating. The balance between academic coursework and hands-on experience, especially my time interning with Coach Wags (Head Strength and Conditioning Coach), gave me the confidence and skills to step into the field. It’s a program that truly prepares you for the demands of a career in SCON.”

– Jim Meyer (UF Alumni)

“Hands-on opportunities...are immense.”

“The University of Findlay’s SCON program gave me a great baseline I needed to be successful in the field. The academic rigor they provide along with the hands-on experience you need to graduate is a phenomenal mix. I spent most of my time out of the classroom interning under Coach Wagner in the weight room. He pushed me to become not just the coach I am today, but the man I am today. He truly cares about your development as a person, just as the rest of the staff at UF. If I could redo everything I would still choose going to Findlay every time.”

– Ralph King (UF Alumni)



University of Findlay

OFFICE OF ADMISSIONS
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APPLY