

Master of Science in strength and conditioning

Optimize human health and performance for athletic competitors and occupational athletes through your expertise in strength and conditioning programming, recovery and injury prevention.

With 30 credit hours including an immersive internship, the Master of Science in strength and conditioning at the College of Health Solutions at Arizona State University focuses on specialized knowledge of human physiology and movement mechanics to optimize the physical abilities of active groups. In the program, you will explore advances in health and performance monitoring, design successful exercise and recovery programs for maximum physical performance, and learn coaching strategies that motivate increased individual effort.

Graduates will be prepared to sit for certification examinations offered through the National Strength and Conditioning Association to become a:

- Certified strength and conditioning specialist.
- Tactical strength and conditioning facilitator.
- Certified performance sports scientist.

You can have a fulfilling career supporting athletes and those working in tactical occupations that require maximum human effort — enhancing their safety while expanding their capacity for peak performance.



chs.asu.edu

College of Health Solutions
602-496-3300
chs@asu.edu



Motivate, coach and
improve performance.

\$60k

Average salary for certified
strength and conditioning specialists.

Payscale.com

ASU is

No. 3

in the world for meaningful connections
between employers and students —
ahead of Stanford, MIT and Princeton.

QS World University Rankings

ASU is among

the best

graduate schools in the U.S.

U.S. News & World Report, 2022

#1



in the U.S. for innovation

ASU ahead of MIT and Stanford

— U.S. News & World Report

7 years, 2016–2022

MS in strength and conditioning program

Over four semesters, you'll add to your expertise in strength and conditioning with required courses plus an immersive internship experience. After growing your knowledge and skills across data analysis, use of performance technology, physiology, psychology, coaching, nutrition and biomechanics, you can pursue certification as a strength and conditioning specialist and aim for a satisfying career in a growing field.

Featured courses

SSP 501 Data Collection, Analysis and Interpretation in Strength and Conditioning

Discuss the use of evidence-based practice and scientific principles to assess athletes, analyze the results and interpret the data for application in strength and conditioning programs.

KIN 530 Exercise and Sport Physiology

Understand both acute and chronic adaptation to physical activity with emphasis placed on exercise prescribed to enhance performance in sport and occupational fields requiring maximal efforts.

KIN 540 Sport Biomechanics

Learn and gain practical experience in the detailed analysis of sport movements that reduce injury potential and maximize performance.

SSP 534 Measurement and Monitoring in Sport and Fitness

Learn how to provide feedback for coaches and athletes to use in planning their performance. Discover the theory behind quantitative analysis techniques, proper equipment usage, data processing, and their connections to exercise science principles. Gain experience using advanced equipment and technologies common in the performance field. Students make recommendations and assign exercises to correct impaired movement.

KIN 520 Applied Sport Psychology

Learn to apply psychological theories and techniques to a sport to enhance the performance and personal growth of athletes and coaches.

SSP 560 Performance Sports Coaching

Use evidence-based practice and scientific principles to design the optimal training session for athletes. Apply lessons learned from motor learning, skill acquisition and sport psychology to shift the focus of training sessions to learning rather than performance outcomes.

SSP 530 Advanced Performance Programming

Apply periodization principles to the design of a comprehensive performance-based training program including assessment and recovery strategies.

NTR 555 Nutrition and the Athlete

Undertake in-depth study of current practices in sports nutrition and review scientific literature. Investigate how sports nutrition methodologies are applied.

Culminating experience

The final six credit hours of your program will be earned through an internship in the field. The fully immersive experience includes working under the supervision of a certified strength and conditioning specialist. Hours will be spent learning all aspects of the job in addition to best practices for improving athletic performance, providing you with the opportunity to put into practice the lessons and skills you learned in the classroom. Your day-to-day activities and assessment will provide the final instruction and feedback to make you a competent and prepared member in the field of strength and conditioning.

The **College of Health Solutions** at Arizona State University translates scientific health research and discovery into practice. Its programs **prepare students to address the challenges facing our populations to stay healthy, improve their health, and manage chronic disease** — all toward improving health outcomes.