

Name _____

declares intent to MAJOR in
Strength & Conditioning**2015-2016**

Student Box # _____ Student ID# _____

Department Chairperson _____ Date _____ I want this major to replace my previously declared major(s) of: _____

Department Faculty Advisor _____ Date _____ I want this major to be declared in addition to my major(s) of: _____

TO OFFICIALLY DECLARE THIS MAJOR, SECURE SIGNATURES, COMPLETE ABOVE AND RETURN THIS FORM TO THE REGISTRAR'S OFFICE.

For Office Use: Code: **STRCN** Advising # **HFSSCO15** -Major**COURSE REQUIREMENTS FOR A MAJOR IN STRENGTH,
CONDITIONING & FITNESS**

_____	HFS 110	Introduction to Exercise Science	3
_____	HFS 160	Drug Education	2
_____	NTR 225	Fundamentals of Nutrition	3
_____	NTR 325	Lifecycle Nutrition	3
_____	HFS 255	Competitive Strength Training	2
_____	HFS 265	Personal Strength Training	2
_____	HFS 355	Strength & Conditioning I	3
_____	HFS 117	Introduction to Sport Medicine	3
_____	PHL 110	Introduction to Public Health	3
_____	HFS 220	Personal & Community Health Concerns	3
_____	HFS 225	Commercial Recreation *	3
_____	HFS 230	Sport Psychology	3
_____	HFS 240	Coaching Methods	3
_____	HFS 310	Kinesiology	3
_____	HFS 320	Exercise Physiology	3
_____	NTR 240	Physical & Nutrition Assessment	2
_____	HFS 385	Internship	3

Total Semester Hours 47

*Course offered alternate years.

ADDITIONAL GRADUATION REQUIREMENTS

Arts and Lecture Credit: 2

LAS 101 _____ (.5) LAS 103 _____ (.5)

LAS 102 _____ (.5) LAS 104 _____ (.5)

- ☐ Foreign language requirement (see placement sheet) 6
[3 hours waived for each year of h.s. language with grades of C- and above]
- ☐ 124 total semester hours
- ☐ A minimum of 30 hours taken at Bluffton University
- ☐ Of the last 30 hours, 24 hours taken at Bluffton University
- ☐ Satisfactory achievement in the senior departmental exam
- ☐ 2.0 cumulative and major GPA
- ☐ Participation in institutional assessment activities
- ☐ Affirmative recommendation of the faculty
- ☐ Participation in the baccalaureate and commencement services.

LIBERAL ARTS & SCIENCES REQUIREMENTS

Semester hours required

_____	LAS 105	Becoming a Scholar	3
_____	ENG 110 or 120	College English	3

One fine arts course:

_____	_____	_____	3
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_____	MAT 105	Understanding Numerical Data	2
_____ OR	COM 185	Public Speaking and Persuasion	(3)

_____	REL 100	Introduction to Biblical Worldview	3
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Two natural science courses (2 disciplines; at least 1 lab):

_____	_____	_____	4
_____	_____	_____	3

Two social science courses (2 disciplines):

_____	_____	_____	3
_____	_____	_____	3

Two humanities courses (at least one of HUM 221 or HUM 222):

_____	_____	_____	3
_____	_____	_____	3

One upper level religion course:

_____	_____	_____	3
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_____	LAS 301	Issues in Modern America	3
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Cross-cultural requirement:

_____	LAS 342	Cross-cultural/Service Learning Experience	4
_____ OR	Six hours of one foreign language		6

_____	LAS 400	Christian Values in a Global Community	3
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Total LAS semester hours 46-49