Strength and Conditioning Minor

Gives students invaluable hands-on experience to enhance and expand their knowledge in the athletic performance industry.

Only program in Washington State recognized by the National Strength and Conditioning Association™ for meeting the educational guidelines recommended for strength and conditioning professionals.

Learn from Kinesiology faculty, and professionals from the WSU Athletics strength and conditioning staff.

Work with NCAA Division 1 athletes from WSU, and affiliated professionals in the community setting.

Obtain at least 400 hours of working experience in athletic performance enhancement while learning the concepts in a classroom environment.

The program has produced many quality and highly sought after Strength and Conditioning professionals and has been able to help place former students in a wide variety of settings, including the NFL, NBA, and MLB as well as many in collegiate athletics.

Use in the careers of strength and conditioning physical therapy athletic training personal training sport coaching physical education tactical training

For more information:
https://education.wsu.edu/undergradprograms/sportscience/strengthandconditioning/