



BACHELOR OF SCIENCE IN
STRENGTH AND HUMAN
PERFORMANCE

DEPARTMENT MANUAL

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BACHELOR OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE

INTRODUCTION

The Bachelor of Science degree in Strength and Human Performance is a pre-professional degree program to prepare students for entrance to graduate degree programs in Chiropractic, Physical Therapy, Occupational Therapy, and Sports Medicine. The program offers quality online instruction designed to prepare students for assessment, treatment, strength and conditioning, and rehabilitation in physically active people. The courses are designed to facilitate certifications from the American College of Sports Medicine and the National Strength and Conditioning Association.

WHY PARKER'S BACHELOR OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE PROGRAM?

- A focused curriculum allows students to master one new course every four weeks.
- Enrollment is limited to a small number of high-caliber students to ensure personalized attention from instructors who genuinely care about and respect our students.
- Experienced Dean and faculty members with extensive experience in exercise science, sports medicine, nutrition, and health care fields, who interact extensively with students.
- Industry-experienced instructors with subject matter expertise who engage students and facilitate the development of career-related competencies.
- Financial aid is available to qualified students.

BACHELOR OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE PROFESSIONAL OUTLOOK

While there are many career paths within this field, most professionals in the industry will deal with the prevention and treatment of sports injuries. The field as a whole can expect to see an above-average job growth over the next decade. A bachelor's degree is required for entry into this field, but candidates may need as much as a doctorate, depending on their intended career path. The U.S. Bureau of Labor Statistics (BLS) predicted job growth between 2018 and 2028 would be 7% for all physicians and surgeons, which includes sports medicine doctors and 19% for athletic trainers.

QUALITIES OF A BACHELOR OF SCIENCE IN STRENGTH AND HUMAN PERFORMANCE STUDENT

Students must exhibit respect for other learners within the learning community. We believe that each student brings his/her personalized experiences to the learning environment, and the diversity of perspectives contributes to the richness of the learning experience. All students are expected to be respectful to other students and instructors. Additionally, critical thinking, attention to detail, and professionalism are other qualities that will help a student be successful in various fields.

MISSION

The mission of the Bachelor of Science degree in Strength and Human Performance program at Parker University is to provide students the foundation in exercise and movement sciences to promote health, fitness, strength, and human performance for physically active people.

GENERAL PROGRAM INFORMATION

The Bachelor of Science degree in Strength and Human Performance is a pre-professional degree program to prepare students for entrance to graduate degree programs in Chiropractic, Physical Therapy, Occupational Therapy, and Sports Medicine. The program offers quality classroom and laboratory instruction designed to prepare students to specialize in assessment, treatment, strength, conditioning, and rehabilitation in physically active people. The courses are designed to facilitate certifications from the American College of Sports Medicine and the National Strength and Conditioning Association.

Students that choose the BS in Strength and Human Performance with the Practicum concentration will apply for an 80-hour practicum in exercise and sport science-related field. The Practicum experience includes field assignments that allow students to observe and document how professionals perform their job duties. The practical application of course work is a crucial element in the education of students pursuing a career in exercise and sport science. The goal of the practicum is to bridge the gap between classroom theory and real-world job duties. The Practicum requires 80 hours of work-related experience and course assignments to be completed during the final semester and the completion of 3 credits in the HPER4499 Capstone course.

Students may choose to enroll in the BS in Strength and Human Performance with the Internship concentration. The Internship experience simulates real-world job responsibilities in a related field. Internships require students to work at an approved facility with assigned work schedules. Interns will perform hands-on application as relevant to the field and will receive academic credit for their field work experience and academic preparation for the Certified Strength and Conditioning Specialist (CSCS) from the National Strength and Conditioning Association. The Internship requires 300 hours of work-related experience and course assignments to be completed during the final semester.

Students that complete the BS in Strength and Human Performance may be eligible for the following certifications:

American College of Sports Medicine (ACSM) Certifications:

- ACSM Certified Personal Trainer (ACSM-CPT)
- ACSM Certified Exercise Physiologist (ACSM-EP)
- ACSM Certified Group Exercise Instructor (ACSM-GEI)
- ACSM Certified Clinical Exercise Physiologist (ACSM-CEP)
- ACSM Exercise is Medicine Credential
- ACSM/ACS Certified Cancer Exercise Trainer (CET)
- ACSM/NCHPAD Certified Inclusive Fitness Trainer (CIPT)
- ACSM/NPAS Physical Activity in Public Health Specialist (PAPHS)

National Strength and Conditioning Association (NSCA) Certifications:

- Certified Strength and Conditioning Specialist (CSCS)
- Certified Special Population Specialist (CSPS)
- NSCA-Certified Personal Trainer (NSCA-CPT)

PROGRAM LEARNING OUTCOMES

Graduates will demonstrate knowledge relevant to:

- The critical thinking skills that will enable success in graduate school
- The understanding of functional anatomy and biomechanics of the human body
- The ability to conduct health assessments, fitness testing, and prescribe exercise programs
- The certification as a personal trainer or strength and conditioning coach through the National Strength and Conditioning Association or the American College of Sports and Medicine

LENGTH OF THE PROGRAM

The Practicum concentration includes 30 semester credit hours of general education courses, 25 semester credit hours of lower-division required courses, 14 semester credit hours of interdisciplinary studies, and 51 semester credit hours of upper-division required courses.

The Internship concentration includes 30 semester credit hours of general education courses, 19 semester credit hours of lower-division required courses, 11 semester credit hours of interdisciplinary studies, and 60 semester credit hours of upper-division required courses.

MODE OF INSTRUCTION

The Bachelor of Science in Strength and Human Performance is offered through distance education.

DEGREE REQUIREMENTS

The Bachelor of Science with a Major in Strength and Human Performance with a Practicum concentration requires a minimum of 120 semester credit hours of coursework which are as follows:

- 30 Credit hours in General Education courses
- 25 Credit hours in Lower Division required courses
- 14 Credit hours in Interdisciplinary Studies courses
- 51 Credit hours in Upper Division required courses

The Bachelor of Science with a Major in Strength and Human Performance with an Internship concentration requires a minimum of 120 semester credit hours of coursework which are as follows:

- 30 Credit hours in General Education courses
- 19 Credit hours in Lower Division required courses
- 11 Credit hours in Interdisciplinary Studies courses
- 60 Credit hours in Upper Division required courses

PROGRAM CURRICULUM

BACHELOR OF SCIENCE DEGREE STRENGTH AND HUMAN PERFORMANCE, ONLINE PRACTICUM EXPERIENCE		
GENERAL EDUCATION CORE COURSES		30 Semester Credit Hours
LOWER DIVISION REQUIRED COURSES		25 Semester Credit Hours
INTERDISCIPLINARY STUDIES		14 Semester Credit Hours
UPPER DIVISION REQUIRED COURSES		51 Semester Credit Hours
TOTAL		120 Semester Credit Hours
Course ID	Cr.	Course name
GENERAL EDUCATION CORE COURSES		30 Semester Credit Hours
COMMUNICATION		Complete (9) Semester Credit Hours
ENGL 1301	3	Composition I
ENGL 1302	3	Composition II
SPCH1311	3	Introduction to Speech Communication
Communication*	9	*Or other equivalent courses in Communications
MATHEMATICS		Complete (6) Semester Credit Hours
MATH 1314	3	College Algebra
MATH 1342	3	Elementary Statistical Methods I
Mathematics*	6	*Or other equivalent courses in Mathematics
HUMANITIES		Complete (3) Semester Credit Hours
ENGL2326	3	American Literature
MUSI1306	3	Music Appreciation
Humanities*	3	*Or other equivalent courses in Humanities
SOCIAL & BEHAVIORAL SCIENCES		Complete (6) Semester Credit Hours
GOVT 2305	3	Federal Government
PSYC 2301	3	General Psychology
*Social & Behavioral Sciences	6	*Or choose other equivalent courses in Social & Behavioral Sciences
NATURAL SCIENCES		Complete (3) Semester Credit Hours
BIOL 1306	3	Biology for Science Majors I
Natural Sciences*	3	*Or choose other equivalent courses in Natural Sciences
COMPUTER LITERACY		Complete (3) Semester Credit Hours
COSC1301	3	Introduction to Computing
BCIS1301	3	Fundamentals of Computer Information Systems
Computer Literacy*	3	* Or choose other equivalent courses in Computer Literacy
INTERDISCIPLINARY STUDIES		
HPER2304	3	Epidemiology
NUTR2301	3	Introduction to Nutrition
HPER2302	3	Health Behavior Theories and Planning Models
HPER2311	3	Entrepreneurial Skills for Small Business

HPER1333	2	First Aid and Safety
LOWER DIVISION REQUIRED COURSES		
CHEM1411	4	General Chemistry I (lecture + lab)
KINE2305	3	Community Health
HPER1311	3	Introduction to Health Promotion and Wellness
RSMT2301	3	Introduction to Ethics
BIOL 2401	4	Anatomy & Physiology I (lecture + lab)
BIOL 2402	4	Anatomy & Physiology II (lecture + lab)
PHYS 2425	4	Physics 1 (lecture + lab)
UPPER DIVISION REQUIRED COURSES		
KINE2364	3	Introduction to Physical Fitness and Wellness
HPER3313	3	Motor Learning and Skill Development
HPER3323	3	Business of Sport Management
NUTR3323	3	Nutrition for Exercise Performance
HPER3403	4	Exercise Physiology (Lecture + lab)
HPER3304	3	Therapeutic Modalities
HPER3333	3	Rehabilitation of Athletic Injuries
HPER4303	3	Strength and Conditioning Training
HPER4403	4	Exercise Prescription and Application (Lecture + lab)
HPER4301	3	General Medicine in Sports
HPER4313	3	Cardiorespiratory Disorders and Fitness
HPER4323	3	Kinesiology
NUTR4301	3	Advanced Nutrition and Metabolism
PSYC4302	3	Sport Psychology
HPER4413	4	Biomechanics (Lecture + lab)
HPER4499	3	Strength and Human Performance Capstone / Practicum

BACHELOR OF SCIENCE DEGREE STRENGTH AND HUMAN PERFORMANCE, ONLINE INTERNSHIP EXPERIENCE		
GENERAL EDUCATION CORE COURSES		30 Semester Credit Hours
LOWER DIVISION REQUIRED COURSES		19 Semester Credit Hours
INTERDISCIPLINARY STUDIES		11 Semester Credit Hours
UPPER DIVISION REQUIRED COURSES		60 Semester Credit Hours
TOTAL		120 Semester Credit Hours
Course ID	Cr.	Course name
GENERAL EDUCATION CORE COURSES		30 Semester Credit Hours
COMMUNICATION		
Complete (9) Semester Credit Hours		
ENGL 1301	3	Composition I
ENGL 1302	3	Composition II
SPCH1311	3	Introduction to Speech Communication

Communication*	9	*Or other equivalent courses in Communications
MATHEMATICS Complete (6) Semester Credit Hours		
MATH 1314	3	College Algebra
MATH 1342	3	Elementary Statistical Methods I
Mathematics*	6	*Or other equivalent courses in Mathematics
HUMANITIES Complete (3) Semester Credit Hours		
ENGL2326	3	American Literature
MUSI1306	3	Music Appreciation
Humanities*	3	*Or other equivalent courses in Humanities
SOCIAL & BEHAVIORAL SCIENCES Complete (6) Semester Credit Hours		
GOVT 2305	3	Federal Government
PSYC 2301	3	General Psychology
*Social & Behavioral Sciences	6	*Or choose other equivalent courses in Social & Behavioral Sciences
NATURAL SCIENCES Complete (3) Semester Credit Hours		
BIOL 1306	3	Biology for Science Majors I
Natural Sciences*	3	*Or choose other equivalent courses in Natural Sciences
COMPUTER LITERACY Complete (3) Semester Credit Hours		
COSC1301	3	Introduction to Computing
BCIS1301	3	Fundamentals of Computer Information Systems
Computer Literacy*	3	* Or choose other equivalent courses in Computer Literacy
LOWER DIVISION REQUIRED COURSES		
CHEM1411	4	General Chemistry I (lecture + lab)
RSMT2301	3	Introduction to Ethics
BIOL 2401	4	Anatomy & Physiology I (lecture + lab)
BIOL 2402	4	Anatomy & Physiology II (lecture + lab)
PHYS 2425	4	Physics 1 (lecture + lab)
INTERDISCIPLINARY COURSES		
NUTR2301	3	Introduction to Nutrition
HPER2302	3	Health Behavior Theories and Planning Models
HPER2311	3	Entrepreneurial Skills for Small Business
HPER1333	2	First Aid and Safety
UPPER DIVISION REQUIRED COURSES		
KINE2364	3	Introduction to Physical Fitness and Wellness
HPER3313	3	Motor Learning and Skill Development
HPER3323	3	Business of Sport Management
NUTR3323	3	Nutrition for Exercise Performance
HPER3403	4	Exercise Physiology (Lecture + lab)
HPER3304	3	Therapeutic Modalities
HPER3333	3	Rehabilitation of Athletic Injuries
HPER4303	3	Strength and Conditioning Training
HPER4403	4	Exercise Prescription and Application (Lecture + lab)
HPER4301	3	General Medicine in Sports

HPER4313	3	Cardiorespiratory Disorders and Fitness
HPER4323	3	Kinesiology
NUTR4301	3	Advanced Nutrition and Metabolism
PSYC4302	3	Sport Psychology
HPER4413	4	Biomechanics (Lecture + lab)
HPER4419	3	Internship Experience I
HPER4429	3	Internship Experience II
HPER4439	3	Internship Experience III
HPER4449	3	Internship Experience IV

ADMISSIONS

Admissions Requirements

- Students must be at least 18 years of age at the time of admission.
- Complete an online application and submit the application fee of \$50.
- Complete the transcript authorization form.
- Provide proof of high school graduation or GED or an official transcript with at least 60 hours of undergraduate-level study.

GRADUATION REQUIREMENTS

To be eligible for the Bachelor of Science in Strength and Human Performance degree, students at Parker University must fulfill the following requirements:

- Complete 120 credit hours of undergraduate study
- Complete the course of study required for the Bachelor of Strength and Human Performance with a grade point average of 2.0 or higher, based on a 4.0 scale
- Complete all Bachelor of Science in Strength and Human Performance degree requirements within 15 terms of beginning coursework; exceptions for extenuating circumstances reviewed by the Dean

TECHNICAL STANDARDS

In addition to academic and performance standards, students must be able to meet and maintain the following technical standard for the purpose of admission and continuation in the program:

- **Utilize computerized electronic software.**

ACCREDITATION

Parker University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates, associate, baccalaureate, masters, and doctorate degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Parker University.

