



LEARN IT. LIVE IT.

STRENGTH & HUMAN PERFORMANCE

BACHELOR OF SCIENCE  FULLY ONLINE

Parker University's Bachelor of Science in Strength and Human Performance is designed for students who want to make a difference through movement, training, and performance. Whether you're an athlete, aspiring coach, personal trainer, or just passionate about helping others reach their physical potential, this program gives you the solid foundation you need to launch a career in the growing fields of health, fitness, and human performance.

Apply today at [Parker.edu](https://www.parker.edu)





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PARKER UNIVERSITY'S BACHELOR'S DEGREE IN STRENGTH & HUMAN PERFORMANCE

Parker University's Bachelor of Science in Strength and Human Performance blends a science-based curriculum with full-person physiology to prepare you for a meaningful career helping others move, perform, and live better. You'll gain the knowledge and skills to work in strength and conditioning, performance coaching, rehabilitation, and injury prevention—whether you're working with athletes, active individuals, or military populations. With a strong foundation in assessment and treatment, this degree empowers you to turn your passion for physical performance into a career that changes lives.

WHY PARKER'S STRENGTH & HUMAN PERFORMANCE PROGRAM?

- Parker offers a gold-star curriculum with CASCE accreditation through the National Strength and Conditioning Association (NSCA) (required to earn strength & conditioning certification starting in 2030)
- Learn from Parker's Strength & Human Performance Advisory Board, including luminaries in the field such as Dan John, Kelly Starrett, and Brett Winchester
- Work with seasoned faculty professionals with real-world experience in strength, conditioning, rehab, and sport science
- Align with Parker's Human Performance Center to be a part of groundbreaking research in the human performance sphere
- Access strong student support for online students, including tutoring, mental health support, and career services
- Financial aid and scholarship support available

INTERNSHIP OR PRACTICUM

Students in the Strength and Human Performance program can choose either to complete an observational practicum experience or complete a concentration in strength & conditioning, which will include a hands-on 300-hour internship experience. Our program directors will personally help you find an internship that aligns with your goals.

**Financial aid programs are subject to change without prior notice due to updates in federal, state, or institutional policies. This may include changes to the types of available aid, award amounts, eligibility criteria, and application procedures.*

CAREER OUTLETS FOR PARKER'S STRENGTH & HUMAN PERFORMANCE GRADUATES INCLUDE:

- Fitness Trainers & Instructors
- Athletic Director
- Recreational Therapist
- Exercise Physiologists
- Fitness Tech Engineer
- More

Accreditation

Parker University is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award associate, baccalaureate, masters, and doctorate degrees. Parker University also may offer credentials such as certificates and diplomas at approved degree levels. Questions about the accreditation of Parker University may be directed in writing to the Southern Association of Colleges and Schools Commission on Colleges at 1866 Southern Lane, Decatur, GA 30033-4097, by calling (404) 679-4500, or by using information available on SACSCOC's website (www.sacscoc.org).

Parker University's Strength and Conditioning Program holds accreditation from the Council on Accreditation of Strength and Conditioning Education (CASCE). This accreditation underscores our unwavering dedication to maintaining superior standards of excellence within our program. Through meticulous evaluation of our curriculum, faculty, and facilities, we are committed to equipping our students with the comprehensive knowledge, practical skills, and hands-on experience needed to excel in the realm of strength and conditioning while prioritizing athlete safety.

APPLY TODAY! Parker.edu • 800.637.8337

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