



UNIVERSITY OF WISCONSIN  
**WHITEWATER**

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ACADEMIC ASSESSMENT

## STRENGTH AND CONDITIONING MINOR

### MISSION STATEMENT

The Strength and Conditioning minor presents an opportunity for students who wish to become strength and conditioning coaches to understand, apply and develop knowledge of advanced training methodologies. Upon completion of this minor, students will be prepared to sit for the NSCA and USAW national certification exams.

### STUDENT LEARNING OUTCOMES

*Student learning outcomes (SLOs) are statements of what a student will know or be able to do when they have completed a program. They represent the knowledge and skills a program has determined are most important for students to gain from that program. The most useful SLOs are specific and measurable so the program can accurately assess the degree to which students have achieved each outcome, and they align with college and institution mission and values. Data on achievement of SLOs is used to make improvements in the program and increase student success.*

Upon completion of the Strength and Conditioning minor, students will be able to:

- Apply the biomechanical principles that are essential to improving performance and reducing injury. (Mechanical Principles)
- Describe how improper technique limits the ability of the human body to produce effective movement. (Mechanical Principles)
- Conduct sport-specific testing sessions. (Interscholastic Conditioning)
- Design and implement safe and effective strength training and conditioning and personal training programs. (Interscholastic Conditioning)
- Provide guidance regarding nutrition and performance-enhancing substances. (Nutrition)
- Treat each athlete as an individual and recognize the dynamic relationship of personality and socio-cultural variables within and between athletes. (Psycho-Social Aspects)
- Demonstrate effective motivational skills, and positive, appropriate feedback along with the establishment of program goals. (Psycho-Social Aspects)

- Utilize technology in the field and interpret the data to apply proven methods of training to all sports. (Advanced Topics)
- Sit for the NSCA national certification exam. (Advanced Topics)
- Demonstrate proper biomechanical positioning for all facets of Olympic weight training. (Olympic Weightlifting)
- Demonstrate advanced training strategies to prepare diverse athletes for athletics competition. (Olympic Weightlifting)
- Recognize proper risk management, operation and maintenance protocols (Facility Management)
- Consider necessary facility accommodations for special populations (Facility Management)
- Provide a positive learning environment that is appropriate to the characteristics of the athletes and goals of the program. (Field Study)
- Use effective communication skills to enhance individual learning, group success, and enjoyment in the strength training experience. (Field Study)