STRENGTH AND CONDITIONING

NEW MINOR OFFERED AT WMU!

ABOUT THE PROGRAM

A minor in strength and conditioning consists of 16 credits of didactic/laboratory and internship courses to prepare students for employment in the health and fitness industry and for certification as a strength coach or personal fitness trainer. The minor can be completed in 2 academic years (fall/spring) or can be spread over the student’s undergraduate degree program. This program is currently pursuing accreditation from the National Strength and Conditioning Association (required by 2030).

CONTACT THE PROGRAM FACULTY

Dr. Michael Miller (left)
mmliller@wmich.edu

Dr. Nicholas Hanson (right)
nicholas.hanson@wmich.edu

Scan the QR code for program guide and additional resources.