



# Arizona State University (Downtown Phoenix)

## Sports Science and Performance Programming, BS

### Study details

**Course type:** Bachelor's degree

**Degree:** Sports Science and Performance Programming, BS NHSPTSPPBS

**Study mode:** Full time

**Duration:** 48 Month

### Cost of study

**Cost :** 35 430 USD

**Reg. fee :** 85 USD

**Scholarship :**

**Insurance :** 2 765 USD

### Intake/s

Jan/May/Aug

### Requirements

#### Academic requirements

First-year students must:

- Have a 3.00 grade point average (GPA) (a "B" or better where "A"=4.00) from a secondary school. Some ASU programs may have higher admission or English proficiency requirements and may consider a minimum ACT or SAT score.
- Must have three years of high school coursework. (If you are currently in high school, ASU needs to see 9–11 grade coursework. If you have completed high school, ASU needs to see 10–12 grade coursework.)
- Must have and present a completed high school diploma or certificate.

#### Conditional admission

ASU may offer conditional undergraduate admission to international applicants to an on-campus program who meet the academic (aptitude) requirements but who are not proficient in English. This offer of conditional admission will give you time to improve your English proficiency before you start classes at ASU. Your conditional admission offer is good for up to three semesters, during which time you must meet one of these requirements to begin your ASU experience.

#### Competency requirements

International students who completed high school outside the U.S. are required to meet the following competency requirements:

- Math: four years (algebra I, geometry, algebra II and one course requiring algebra II as a prerequisite).

- Laboratory science: three years total (one year each from any of the following areas are accepted: biology, chemistry, earth science, integrated sciences and physics).

## **Provide evidence of English language proficiency (TOEFL 61)**

### **Accommodation**

Provided by partner agencies

### **Additional information**

### **Program description**

Supporting individuals to achieve their maximal potential requires specialized knowledge and skills. The BS program in sports science and performance programming prepares students to work with participants in sports, occupational and tactical environments, taking them to new physical heights.

Students learn the complexities of performance assessment and programming, which can be applied in sport science, sports medicine, strength and conditioning or tactical performance.

Graduates understand how to enhance performance potential, and recognize and respond to the stress the body undergoes during training, enabling them to plan successful exercise and recovery programs.

The National Strength and Conditioning Association has identified that advanced knowledge of human physiology, biomechanics, exercise prescription and assessment technologies is necessary for future success as a sports or tactical performance specialist. The bachelor's degree in sports science and performance programming has been designed with the competencies that enable graduates to be leaders in their future careers.

### **Concurrent program options**

Students pursuing concurrent degrees (also known as a “double major”) earn two distinct degrees and receive two diplomas. Working with their academic advisors, students can create their own concurrent degree combination. Some combinations are not possible due to high levels of overlap in curriculum.

### **Program learning outcomes**

Program learning outcomes identify what a student will learn or be able to do upon completion of their program. This program has the following program outcomes:

- Apply coaching strategies to maximize efficiency and performance of individuals and reduce the risk of injury under high stress during performance training.
- Understand the scientific foundations that govern adaptation and movement optimization identified as foundational competencies for the Certified Strength and Conditioning Specialist examination and necessary to properly construct advanced performance programs.
- Create evidence-based sports performance programs designed to improve individual and/or team performance and reduce the risk of injury potential during their participation in their activities.

## **Global opportunities**

### Global experience

Students studying sports science and performance programming work to push the limits of peak sports performance. When participating in a Global Education program, they gain valuable skills in leadership, communication and critical thinking, which they can use to push the limits of their personal knowledge and experience as well. Study abroad experience allows students to stand out in a competitive field and leads to cultural enrichment and competency.

## **Career opportunities**

Degree coursework prepares students to sit for certification testing through the National Strength and Conditioning Association for certified strength and conditioning specialist or tactical strength and conditioning facilitator credentials.

Graduates are also prepared to work in the sports performance field or pursue graduate study in sports science, athletic training or other exercise science-related disciplines.

Career options for graduates who hold this degree include opportunities in sports performance training in high school, collegiate, professional and private sector environments. In addition, students are prepared for careers in tactical performance training with local, state and national government agencies, including work with police officers, firefighters and military personnel.

Potential career options include:

- athletic trainer
- fitness center director
- gait analyst
- performance center director
- sports data technician
- sports engineer
- sports scientist
- strength and conditioning coach
- tactical performance coach

Some of these positions may require additional education.