

Sports Training Programs

The Sports programs are designed to provide students with scientific knowledge, practical competencies, leadership abilities, and professional skills required for careers in sports performance, fitness and wellness, coaching, sports management, athlete support services, recreation programs, and sports entrepreneurship.

Programs are available through Online, In-person, and Blended learning formats.

Sports Science and Physiology

Delivery	Duration (Hours)	Prerequisite
Online	50	Interest in Sports, Human Performance, and Physical Activity
In-person	50	Interest in Sports, Human Performance, and Physical Activity
Blended	50	Interest in Sports, Human Performance, and Physical Activity

Exercise and Health Promotion

Delivery	Duration (Hours)	Prerequisite
Online	45	Sports Science and Physiology
In-person	45	Sports Science and Physiology
Blended	45	Sports Science and Physiology

Sports Psychology and Coaching

Delivery	Duration (Hours)	Prerequisite
Online	45	Sports Science and Physiology
In-person	45	Sports Science and Physiology
Blended	45	Sports Science and Physiology

Sports Management and Marketing

Delivery	Duration (Hours)	Prerequisite
Online	50	Interest in Sports Organizations, Business, and Event Management
In-person	50	Interest in Sports Organizations, Business,

		and Event Management
Blended	50	Interest in Sports Organizations, Business, and Event Management

Physical Activity and Wellness

Delivery	Duration (Hours)	Prerequisite
Online	40	Interest in Healthy Lifestyle and Physical Fitness
In-person	40	Interest in Healthy Lifestyle and Physical Fitness
Blended	40	Interest in Healthy Lifestyle and Physical Fitness

Injury Prevention and Rehabilitation Principles

Delivery	Duration (Hours)	Prerequisite
Online	45	Sports Science and Physiology
In-person	45	Sports Science and Physiology
Blended	45	Sports Science and Physiology

Nutrition for Athletes

Delivery	Duration (Hours)	Prerequisite
Online	40	Exercise and Health Promotion
In-person	40	Exercise and Health Promotion
Blended	40	Exercise and Health Promotion

Kinesiology and Biomechanics

Delivery	Duration (Hours)	Prerequisite
Online	50	Sports Science and Physiology
In-person	50	Sports Science and Physiology
Blended	50	Sports Science and Physiology

Research Methods in Sports Science

Delivery	Duration (Hours)	Prerequisite
Online	45	Sports Science and Physiology + Basic Analytical Skills
In-person	45	Sports Science and Physiology + Basic

		Analytical Skills
Blended	45	Sports Science and Physiology + Basic Analytical Skills

Leadership and Entrepreneurship in Sports

Delivery	Duration (Hours)	Prerequisite
Online	40	Sports Management and Marketing
In-person	40	Sports Management and Marketing
Blended	40	Sports Management and Marketing

Fitness Program Design and Performance Training

Delivery	Duration (Hours)	Prerequisite
Online	45	Exercise and Health Promotion
In-person	45	Exercise and Health Promotion
Blended	45	Exercise and Health Promotion

Sports Event Planning and Operations

Delivery	Duration (Hours)	Prerequisite
Online	40	Sports Management and Marketing
In-person	40	Sports Management and Marketing
Blended	40	Sports Management and Marketing

Athlete Performance Analysis and Monitoring

Delivery	Duration (Hours)	Prerequisite
Online	45	Kinesiology and Biomechanics + Research Methods in Sports Science
In-person	45	Kinesiology and Biomechanics + Research Methods in Sports Science
Blended	45	Kinesiology and Biomechanics + Research Methods in Sports Science

Communication and Team Dynamics in Sports

Delivery	Duration (Hours)	Prerequisite
Online	36	Sports Psychology and Coaching

In-person	36	Sports Psychology and Coaching
Blended	36	Sports Psychology and Coaching

Comprehensive Sports Science and Management Professional Program

Delivery	Duration (Hours)	Prerequisite
Online	340	Interest in Sports Performance, Fitness, Coaching, Sports Management, and Wellness Promotion
In-person	340	Interest in Sports Performance, Fitness, Coaching, Sports Management, and Wellness Promotion
Blended	340	Interest in Sports Performance, Fitness, Coaching, Sports Management, and Wellness Promotion