2026-27 Academic Year

STRENGTH AND CONDITIONING GRADUATE CERTIFICATE

Certificate of Advanced Studies

The Strength and Conditioning Certificate of Advanced Study is a graduate-level credential designed for students who want to advance their expertise in athletic performance training and evidence-based program design. The certificate may be earned as a standalone credential or completed alongside a master's degree. Coursework explores advanced strength and conditioning concepts including exercise physiology, training adaptations and recovery, sports nutrition planning, mental performance, exercise technique and instruction, performance testing and evaluation, periodization, and program design. These courses are designed to help students strengthen their professional skill set and prepare for a strength and conditioning certification such as the NSCA's Certified Strength and Conditioning Specialist (CSCS) exam.

fast facts

No entrance exam required

Credit hours: 12

Cost per credit hour: $427.45 total *(includes $261.91 tuition + $165.55. fees)*

Certificate offered: Certificate of Advanced Studies / Strength and Conditioning

Delivery method: Online

Department: Health, Human Performance, and Sport

School: Science, Health, and Criminal Justice

focus on results

Skills Learned

- Strength and conditioning program design
- Exercise physiology for training and recovery
- Nutrition for sport and exercise
- Performance testing and evaluation
- Safe exercise technique and instruction
- Periodization and training cycle planning
- Sport science for optimizing performance
- NSCA certification preparation

Possible Careers

- Strength and conditioning coach
- Personal trainer
- Fitness instructor
- Exercise specialist
- Performance testing specialist
- Wellness coordinator
- Sports science analyst
- Exercise physiologist

Types of Employers

- Colleges and universities
- Sports teams and athletic organizations
- Fitness centers and gyms
- Performance training facilities
- Health care organizations
- Tactical and occupational fitness programs
- Community wellness programs

recognized for excellence

Our graduate programs are nationally recognized for their excellence, exceptional value, and flexible learning options — consistently earning top distinctions for affordability and quality.

College of Distinction
Wayne State College has been recognized as a College of Distinction, an honor that highlights institutions for engaged students, great teaching, a vibrant campus community, and successful outcomes.

Affordable Graduate Pathways
Recognition among the Top 10 Most Affordable Master's Degree Programs in the U.S. (Intelligent.com), our graduate certificates provide high-value, flexible graduate education that supports career growth.

Program courses

2026-27 Academic Year

The following courses are required for the program of study described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for registering and taking these courses, please consult the current academic catalog and your advisor.

Certificates of Advanced Studies may be earned separately or while working toward a master's degree. A minimum overall average of "B" (3.0 on a 4.0 scale) will be required for all graduate courses included in a Certificate of Advanced Studies. No grade below a "C" will be accepted. A maximum of six transfer credit hours may be applied toward the certificate requirements.

Strength and Conditioning certificate courses (12 credit hours)

PED 607 Exercise and Nutrition 3
PED 614 Advanced Exercise Physiology 3
PED 657 Advanced Strength and Conditioning 3
PED 660 Periodization in Strength and Conditioning 3

questions? contact:

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