ACADEMIC CATALOG
2026-2027



MIDWAY
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Midway University

Table of Contents

Course..... 2
EXS 210 - Principles of Strength and Conditioning..... 2

Course

EXS 210 - Principles of Strength and Conditioning

This course is designed to develop the knowledge and practical skills necessary to design and implement strength and conditioning programs. For individuals who are interested in becoming certified personal trainers (NSCA-PT) or certified strength and conditioning specialists (CSCS) through the National Strength and Conditioning Association, this course provides the foundational knowledge.

Grade Basis: L
Credit hours: 3.0
Lecture hours: 3.0

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Midway University
512 E. Stephens Street, Midway, KY 40347
1.800.952.4122