

Bachelor of Science Degree in Sports Performance, Health, and Fitness (BSSPF)

A Pathway to Diverse Career Opportunities

Graduates of the Bachelor of Science degree in Sports Performance, Health, and Fitness can work in a variety of health and sports related positions in settings such as:

- High-energy gyms and fitness clubs
- Sports and athletic teams
- Corporate fitness centers
- Healthcare facilities
- Corporations
- Self-employment/Managing own SPF-related business

Turn Your Enjoyment of Sports Performance, Health, and Fitness into a Fulfilling Degree and Career

The St. Andrews' Bachelor of Science Degree in Sports Performance, Health, and Fitness (BSSPF) prepares students to assess, design, implement, manage, motivate, and monitor health, fitness, and sports performance in diverse settings. BSSPF students select an education pathway that lead to positions such as a sports performance coach or athletic fitness conditioning coach, a certified fitness trainer, group fitness/exercise instructor, a personal fitness instructor, or fitness club manager. Sports performance, health, and fitness professionals conduct physical fitness assessments and discuss clients' goals, design and implement customized training programs that include resistance training and cardiovascular exercise regimens for athletes or clients to achieve performance-oriented goals, educate on how to use exercise equipment with injury prevention techniques, and provide motivation as well as corrective feedback with athletes, individuals, or groups. In addition, they gain knowledge and expertise in sports performance, health, and fitness management, leadership, marketing, and promotion techniques.

Students work closely with academic advisors to choose electives, as well as campus and community activities that meet their interest, round out their education in a liberal arts setting, and build a strong resume. Students have the opportunity to choose BSSPF core electives that prepare them for fitness certifications or to take additional leadership and management courses. In addition, the BSSPF degree offers an internship that integrates academic knowledge/skills with real-world knowledge/skills. The dynamic degree in BSSPF at St. Andrews provides students with an understanding of the scientific principles needed to optimize sports performance and to improve the health, fitness, and lifestyles of individuals and groups.



For additional information and current course listing, please contact us.

910-277-5555

1700 Dogwood Mile
Laurinburg, NC 28352



St. Andrews
UNIVERSITY

A Branch of Webber International University



Mission

Our mission is to offer students an array of business, liberal arts and sciences, and pre-professional programs of study that create a life transforming educational opportunity which is practical in its application, global in its scope, and multi-disciplinary in its general education core. Students will acquire depth of knowledge and expertise in their chosen field of study, balanced by breadth of knowledge across various disciplines, while pursuing a degree at the associate, bachelor, or master level. Special emphasis is placed on enhancing oral and written communication, and critical thinking skills. The international quality of the student body enriches personal experience and promotes understanding of international cultures and influences. Through an atmosphere in which self-discipline, creativity and cultivation of ethical standards are enhanced, the University is dedicated to teaching its students the "how to learn, how to think, and how to apply method" to each new challenge.

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At St. Andrews, Create Your Own Traditions

Commitment to student success. We offer small classes to ensure personalized attention. 14-1 student/faculty ratio in your major courses. Faculty bring real life experience into your classes. This will allow you to feel like you are not just a number at St. Andrews and our programs help you reach your career goals.

Academic advising. Our faculty are your academic advisors and are committed to your success. Each student will receive guidance based on his/her individual goals, interests and career aspirations. St. Andrews takes pride in providing this guidance to help ensure each semester that you are on track to graduate in four years.

Get connected. We want you to experience college by living on campus. Students have over 20 clubs and organizations for you to join to gain leadership, communication and organizational skills for the work place. Want to participate in a sport? We have over 25 men's and women's sports on campus and our athletes compete at the NAIA level. Sports are a great way to build teamwork and communication skills that employers look for with their employees.

Financial aid can be a big step in getting started at college. We want to spend time and walk through the process so you understand your options in the investment of your college education. That is our commitment to you! Financial aid is available for those who qualify, including loans, grants, federal work study and scholarships. St. Andrews University provides need-based and academic scholarships to qualified students. We encourage you to complete the Free Application for Federal Student Aid so our financial aid team can let you know what you are eligible for.

Accreditation. St. Andrews University is a branch of Webber International University. Webber International University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award degrees at the associate, baccalaureate and masters levels. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation.



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