

Franklin University M.S. in Exercise Science - Strength & Conditioning Course Sequence Calendar

2025-2027

Fall Term 2025																Spring Term 2026																Summer Term 2026																			
8/18	8/25	9/1	9/8	9/15	9/22	9/29	10/6	10/13	10/20	10/27	11/3	11/10	11/17	11/24	12/1	12/8	12/15	12/22	12/29	1/5	1/12	1/19	1/26	2/2	2/9	2/16	2/23	3/2	3/9	3/16	3/23	3/30	4/6	4/13	4/20	4/27	5/4	5/11	5/18	5/25	6/1	6/8	6/15	6/22	6/29	7/6	7/13	7/20	7/27	8/3	8/10
EXS601 - Exercise Physiology: Systems and Functions (4)											EXS665 - Behavioral Strategies for Health and Sport Performance (4)											EXS672 - Scientific Principles of Strength and Conditioning (4)																													
EXS602 - Exercise Programming Design and Implementation (4)											EXS670 - Nutrition for Health and Exercise Performance (4)											EXS673 - Practical Resistance and Conditioning Training (4)																													
											EXS601 - Exercise Physiology: Systems and Functions (4)											EXS665 - Behavioral Strategies for Health and Sport Performance (4)																													
											EXS602 - Exercise Programming Design and Implementation (4)											EXS670 - Nutrition for Health and Exercise Performance (4)																													

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8/17	8/24	8/31	9/7	9/14	9/21	9/28	10/5	10/12	10/19	10/26	11/2	11/9	11/16	11/23	11/30	12/7	12/14	12/21	12/28	1/4	1/11	1/18	1/25	2/1	2/8	2/15	2/22	3/1	3/8	3/15	3/22	3/29	4/5	4/12	4/19	4/26	5/3	5/10	5/17	5/24	5/31	6/7	6/14	6/21	6/28	7/5	7/12	7/19	7/26	8/2	8/9
EXS675 - Strength & Conditioning Program Design (4)																																																			
EXS690 - Capstone (4)																																																			
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