

## **HHP 081 Sports Studies - An Introduction to Track/Cross Country**

2 hours

Majors, Minors & Degrees:

**Minors**

Coaching

Departments/Programs:

Health and Human Performance

A class that investigates the science and coaching methods of track and field and cross country. Areas of study include sport psychology, training theory, biomechanics, physiology and philosophy. Classroom work will be supplemented by actual practice coaching.

(Normally offered each summer.)