

**Course:**

**HHP 165 Strength Training and Conditioning for Coaches**

**2 hours**

**Majors, Minors & Degrees:**

**Majors**

Athletic Training (B.S.)

Health and Fitness Studies (B.S.)

**Minors**

Coaching

Health and Fitness Studies

**Departments/Programs:**

Health and Human Performance

A course designed to provide coaches with solid guidelines for designing strength training and conditioning programs for athletes. The course will cover information on designing year-round programs, proper training technique, and physiological changes associated with training.

(Normally offered each fall semester.)