

## HHP 165 Strength Training and Conditioning

2 hours

### Majors, Minors & Degrees:

#### **Majors**

Athletic Training (B.S.)

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

#### **Minors**

Coaching

Exercise Science

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.)