

Nebraska Wesleyan University

Catalog 2012-2013

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.)