Nebraska Wesleyan University

HHP 165 Strength Training and Conditioning

Catalog

2013-2014

Course Description

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.)

Course Hours

2 hours

Departments

1. Health and Human Performance