HHP 1810 Sport Studies - An Introduction to Track/Cross Country

2 hours

Majors, Minors & Degrees:

Certification Endorsements
Coaching Supplemental Certification Endorsement Grades 7-12

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.)