Nebraska Wesleyan University

HHP 2650 Strength Training and Conditioning for Coaches

Catalog

2019-2020

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.

Prerequisite(s): HHP 1270 Advanced Emergency Care, BIO 1090 Introduction to Human Anatomy and Physiology I, BIO 1100 Introduction to Human Anatomy and Physiology II or permission of the instructor.
(Normally offered each fall semester.)

Course Hours

2 hours

Departments

1. Health and Human Performance