

HHP 2650 Strength Training and Conditioning for Coaches

2 hours

Majors, Minors & Degrees:

Majors

Athletic Training (B.S.)
Exercise Science (B.S.)
Health and Fitness Studies (B.S.)

Certification Endorsements

Coaching Supplemental Certification Endorsement Grades 7-12

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.

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.)