

**Course:**

**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.)