

## 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.)