

## HHP 3150 Principles Of Sport Performance

3 hours

### Majors, Minors & Degrees:

#### **Majors**

Exercise Science (B.S.)  
Health and Fitness Studies (B.S.)  
Health and Physical Education (B.S.)  
Physical Education (B.S.)

#### **Minors**

Coaching  
Exercise Science  
Health and Fitness Studies

### Departments/Programs:

Health and Human Performance (Undergraduate)

An advanced study of the scientific principles and theories related to sport performance in both the private and public sectors. Discussions related to applications and concepts in the exercise sciences, testing and evaluation, exercise technique, sport nutrition, exercise psychology, program design, and strength and conditioning administration and facility organization will be emphasized.

Normally offered each semester.