

**Course:**

**HHP 1020 Advanced Physical Performance**

**0-1 hours**

**Departments/Programs:**

Health and Human Performance (Undergraduate)

A course designed for developing speed, agility, strength explosiveness and overall conditioning for any sport. The course is recommended for well-conditioned students. May be repeated for a maximum of 2 credit hours.

Pass/Fail only.

(Normally offered each semester.)