

HPR 320 : Techniques of Strength Training & Conditioning

This course provides an overview of the methods and techniques associated with the strength and conditioning of athletes through cardiovascular and resistance training. The course is intended to prepare future professionals in various fitness fields to apply scientifically sound principles to strength and conditioning programs. The physiological principles for developing strength and conditioning training programs, utilizing both anaerobic and aerobic systems and performance assessment methods, will be addressed. By the end of this course students should be prepared to sit for a national credentialing examination.

Credits 2