

PHE 230: Foundations of Strength and Conditioning

This course is intended to prepare future professionals in various fitness fields to apply scientifically sound principles to strength and conditioning programs. We will study strength, speed, cardiovascular, and flexibility training through the use of concepts learned in physiology, anatomy, kinesiology, and psychology. You will learn appropriate exercise program design, safe exercise technique, and the ways to assess physical improvement in your clients. By the end of this course, you should be prepared to sit for a national credentialing examination.

Credits: Credits 3