

ES-342 : Foundations of Strength & Conditioning

Preparation in scientifically sound principles of conditioning in professional settings including in-depth study of strength training, speed development, cardiovascular training, flexibility training and exercise program design. Principles and concepts derived from physiology, psychology, anatomy and kinesiology are practically applied. Application of principles of training to all populations including those with special needs and athletes.

Credits 3

Prerequisites

[ES-320](#)

Term Offered

Fall and Spring

Session Cycle

FS