AT 660: Sports Performance

SCHOOL OF APPLIED SCIENCES

This course serves as an overview of athlete sports performance. Students will be introduced to basic strength and conditioning concepts as well as sports nutrition and psychology.

3 Credits

Prerequisites

- Prerequisite M.S. in Athletic Training OR Instructor Approval

Instruction Type(s)

- Lecture: Lecture for AT 660
- Lecture: Web-based Lecture for AT 660
- Lecture: Online Program for AT 660
- Lecture: Compressed Video for AT 660

Subject Areas

- Athletic Training/Trainer

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.