

SA 621: Data Analytics in Strength & Conditionin

HEALTH, EXERCISE SCI & RECREATION MGMT

This course will focus on the practices of strength and conditioning. Students will be given the opportunity to develop their knowledge of strength and conditioning theories and practices. In addition, advanced strength and conditioning techniques and programming will be reviewed and assessed. Current strength and conditioning research will be discussed and critiqued.

3 Credits

Instruction Type(s)

- Lecture: Lecture for SA 621

Subject Areas

- [Parks, Recreation and Leisure Facilities Management](#)

