

## **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](#)

