

## 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](#)

