



# 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](#)

