

SPS 522 : Strength & Conditioning for PK-12 Professional

This course will provide students with a targeted approach to strength and conditioning in the PK - 12 school system. Many coaches and physical educators in the secondary grade levels are finding an increase in the importance of strength and conditioning in physical education curricula. This course will utilize theoretical and practical concepts to build pedagogy in order to develop the ability, through exercise prescription, to work with healthy and unhealthy individuals in the school setting. Physical Education teaching and scholastic coaching will be a focus in practical assignments.

Credits 3