

KINT 354: NSCA Certified Strength & Conditioning Specialist

This course is designed to apply scientific knowledge to train athletes for the primary goal of improving athletic performance. The topics covered include conducting sport-specific testing sessions, designing, and implementing safe and effective resistance training and conditioning programs and providing guidance regarding nutrition and injury prevention. Certification requires additional fee.

Credits: 3

Prerequisites:

KINT 321

KINT 331

Program: Kinesiology

Semester Offered: Spring even years