Principles of Strength and Conditioning
HES 4873-850 (3 credits)

Course time and dates:
August 4-August 20
9:00AM-12:35PM

Contact mattstock@ou.edu for more information.

This course is designed to prepare individuals interested in becoming Certified Strength and Conditioning Specialists (CSCS) through the National Strength and Conditioning Association (NSCA). Instruction is provided describing the principles of development of pre-season, in-season, and off-season strength and conditioning programs. Course experiences will reinforce basic exercise physiology and sports nutrition, training principles, and teach the skills necessary for certification.

Prerequisite: Junior standing or permission