

STRENGTH AND CONDITIONING

Code	Title	Units
Minor Requirement - 22 Units		
COACHING 250	APPLICATION OF MECHANICAL PRINCIPLES TO COACHING	2
COACHING 255	CONDITIONING FOR INTERSCHOLASTIC SPORTS	2
COACHING 256	PSYCHO-SOCIAL ASPECTS OF COACHING	2
COACHING 341	ADVANCED TOPICS IN STRENGTH AND CONDITIONING	3
COACHING 342	PRINCIPLES OF OLYMPIC WEIGHTLIFTING	3
RECREATN 450	PLANNING, DESIGN, AND MANAGEMENT OF RECREATION FACILITIES	3
COACHING 492	FIELD STUDY IN COACHING	2-3
Select 5-6 units from the following:		5-6
HEALTHED 391		
COACHING 461	PREVENTION AND CARE OF ATHLETIC INJURIES	
COACHING 498 INDEPENDENT STUDY		
COACHING 480	LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES	
or RECREATN 480 LEGAL ASPECTS OF SPORT AND RECREATION ACTIVITIES		
RECREATN 440	COMMERCIAL AND ENTERPRENEURIAL RECREATION	
For Non-HHPR majors the following courses can count:		
PEPROF 271	STRUCTURE AND FUNCTION OF THE HUMAN BODY	
PEPROF 371	KINESIOLOGY	
PEPROF 471	PHYSIOLOGY OF EXERCISE	
PEPROF 281	FIRST AID AND C.P.R.	
Total Units		23