

SA 621: Data Analytics in Strength & Conditionin HEALTH, EXERCISE SCI & RECREATION MGMT

This course will focus on the practices of strength and conditioning. Students will be given the opportunity to develop their knowledge of strength and conditioning theories and practices. In addition, advanced strength and conditioning techniques and programming will be reviewed and assessed. Current strength and conditioning research will be discussed and critiqued.

3 Credits

Instruction Type(s)

Lecture: Lecture for SA 621

Subject Areas

Parks, Recreation and Leisure Facilities Management

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

