

## **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](#)

