

EXSS 360: ADVANCED STRENGTH AND CONDITIONING

This course is designed to extend students' knowledge, skills, and abilities (KSA) regarding exercise physiology to resistance training, program design, and implementation of resistance training programs for a variety of populations. Course content will cover the scientific and practical basis for resistance training to reduce injuries, improve health, and optimize performance. Students will actively participate in and demonstrate knowledge of a range of resistance exercise techniques as part of their lab experience. This course will help prepare those students wishing to take the National Strength and Conditioning Association's Certified Strength and Conditioning (CSCS) Exam.

Credits: 4

Prerequisites:

A grade of "C" or better in [EXSS 351](#) and [EXSS 197](#).

Department: [Exercise Science](#)