

# COACHING STRENGTH AND CONDITIONING, CERTIFICATE OF PROFICIENCY

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## Curriculum

Code	Title	Hours
HES 2013	Weight Training for Personal Trainers, High School Athletics and Strength Coaching <sup>1</sup>	3
HES 2023	Endurance Programming and Conditioning <sup>1</sup>	3
HES 2043	Applied Fitness Assessment and Development <sup>1</sup>	3
HES 3013	Coaching Power, Speed, and Agility <sup>1</sup>	3
HES 4023	Principles of Strength and Conditioning <sup>1</sup>	3
<b>Total Hours</b>		<b>15</b>

<sup>1</sup> Must earn a grade of "C" or better on all courses.