

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	3
HES 2023	Endurance Programming and Conditioning	3
HES 2043	Applied Fitness Assessment and Development	3
HES 3013	Coaching Power, Speed, and Agility	3
HES 4023	Principles of Strength and Conditioning	3
Total Hours		15