

EX 307: Theories of Strength and Conditioning

This course provides the student with a comprehensive overview and integration of advanced dimensions and theory of strength and conditioning in a safe and client-centered manner. It will cover multiple theoretical and practical components of strength & conditioning and how they relate to human performance across the lifespan.

Hours: 3

Prerequisites:

BI275 with a "C" or better and EX245 with a "C" or better.

Program: [Exercise Science](#)

Semester Offered:

Fall,

Spring