

## ESS 206 : Sport Science Applied to Coaching

The focus of this course is the basic science of exercise physiology and athletic performance as it applies to coaching. Topics include how the body responds to exercise, how to train the body to maximize health and athletic performance including periodization of training, basic movement and mechanical principles, risks associated with exercise, injury prevention strategies and the influence of nutrition on exercise and athletic performance.

**Credits 4**

**Semester Offered**

Offered spring of even-numbered years