

# ESS 318 : Strength and Conditioning

This course takes a multifaceted approach to the science and application of strength training. Topics covered include exercise physiology concepts and applications, testing and evaluation, flexibility and exercise techniques, program design and periodization. This course also provides a practical challenge for the student to apply scientific concepts and principles into the development of sport or client specific training programs. Students will keep a journal of exercise habits, observe and reflect on personal training appointments, summarize peer reviewed literature in the strength and conditioning field and develop a comprehensive training program for a client of their choosing.

**Credits** 4

**Prerequisite Courses**

[ESS 324: Exercise Physiology \(+lab\)](#)

**Semester Offered**

Offered spring