

SPORTS PERFORMANCE

SPORTS PERFORMANCE 10 and 20 (5 credits each)

The focus of Sports Performance is to engage students in modern training principles to enhance athletic development for competing in activities and sports that require high levels of fitness. Students will learn both the theory and application of each of these training principles as it applies to their personal development. Students will be actively participating in aerobic, anaerobic and strength training programs that include speed, agility, and power development components to improve athletic performance. In addition, students will study areas of nutrition, sports psychology, and ergogenic aids as they relate to their impact on sports performance. A basic understanding of human anatomy and kinesiology will be explored to provide a framework for how athletes physically respond to a highly developed training program. Students must be prepared to participate in a highly active and demanding training class. A fee is charged for a fitness pass and course needs.

SPORTS PERFORMANCE 35 (5 credits)

The focus of Sports Performance is to engage students in modern training principles to enhance athletic development for competing in activities and sports that require high levels of fitness. Students will learn both the theory and application of each of these training principles as it applies to their personal development. Students will be actively participating in aerobic, anaerobic and strength training programs that include speed, agility, and power development components to improve athletic performance. In addition, students will study areas of nutrition, sports psychology, and ergogenic aids as they relate to their impact on sports performance. A basic understanding of human anatomy and kinesiology will be explored to provide a framework for how athletes physically respond to a highly developed training program. Students must be prepared to participate in a highly active and demanding training class. A fee is charged for a fitness pass and course needs.