

HPAL 3090: Advanced Coaching Methods for Strength and Conditioning

3 Credit Hours

Prerequisite: HPAL 3050

Students will learn to apply practical and scientific foundations of muscular development, metabolic training concepts and program design for youth and adolescent sports. Course content is intended to guide middle and high school coaches in the implementation of a scientific based approach in the prescription of periodization as it applies to resistance training and anaerobic conditioning specific to adolescence.

HPAL 3095: Advanced Coaching Methods for Volleyball

3 Credit Hours

Prerequisite: HPAL 3050

In this course students will examine the theories and techniques of coaching both indoor and sand volleyball. The course content may include, but is not limited to, various key coaching topics such as: teaching and evaluating technical and tactical skills, player selection for various positions, practice and season planning, offensive and defensive systems of play, game coaching considerations, and conditioning principles.

HPAL 3100: Behavioral and Psychological Aspects of Physical Activity and Coaching

3 Credit Hours

This course is an examination of behavioral and psychological factors affecting performance in physical education, physical activity, and sports. Emphasis is on the impact of these factors on performance and the teaching/learning process. Topics will include leadership, motivation, group cohesion, social facilitation, arousal/anxiety, cognitive processes, competition, cooperation, and performance enhancement.