

EDKP 495. SCIENTIFIC PRINCIPLES OF TRAINING.

Credits: 3

Offered by: Kinesiology and Physical Ed (Faculty of Education)

This course is not offered this catalogue year.

Description

Application of physiological and kinesiological principles in the selection and evaluation of athletic and physical fitness programs. Specific topics studied will include aerobic and anaerobic training, interval training, circuit training, weight training for muscular strength and endurance, flexibility, motor ability, obesity and energy balance.

- Prerequisite: EDKP 395.

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