STRENGTH AND CONDITIONING COACHING SPECIALIZATION (18 hours):

This specialization benefits students who are interested in designing and implementing strength and conditioning programs as well as providing guidance on safe training techniques and nutritional advice.

Description:
This specialization is ideal for a student interested in becoming certified as a strength and conditioning coach. Students in this program will learn how to coach, train and oversee exercise and weight training for various levels of fitness. At the end of the program, students will be ready to attend a graduate program in Exercise Physiology and become certified as a strength and conditioning specialist. For more information on certifications in this area, review the requirements outlined by The National Strength and Conditioning Association.

Courses:
NTR 306: Fundamentals of Nutrition
KIN 310: Physiological Basis of Conditioning
KIN 312: Care and Prevention of Athletic Injuries
KIN 119: Conditioning or PED 106C: Weight Training
KIN 226: Advanced Weight Training (Sp)
KIN 363: Theory & Practice in Strength Conditioning (F)
KIN 327T 4– Internship in Strength & Conditioning

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