

SACC 210**Strength and Conditioning Techniques**

3 Credit Hours

Pre/Corequisite: () and () and ()

This course provides the foundation for the performance of exercise. A variety of modes of exercise will be taught and performed. This course is designed to provide knowledge and hands on practical experience on instructional techniques for implementing fundamental movement skills, dynamic warm-up, speed, agility, plyometrics, and resistance training into a comprehensive strength and conditioning program.

SACC 280**Internship**

3 Credit Hours

Pre/Corequisite: () and () and ()

This course provides the student with an initial experience within their career goals. This field experience provides the opportunity for students to learn, develop and apply exercise science knowledge, skills, and abilities in a supervised university-approved setting. The course is intended for students to observe and gain practical experience in a professional environment.

SACC 350**Recovery and Regeneration in Sport and Exercise**

3 Credit Hours

Pre/Corequisite: () and () and ()

This comprehensive course examines the principles and practices of recovery and regeneration in sport. Students will explore physiological, nutritional, psychological aspects of recovery, as well as various modalities and techniques used to optimize athletic performance and enhance recovery processes.

SACC 360**Current Topics in Strength and Conditioning**

3 Credit Hours

Pre/Corequisite: P (RQ) EXSC-130, EXSC-275, EXSC-295, EXSC-319, EXSC-327, SACC-210 and () and ()

This course explores advanced and/or focused topics in exercise science, including emerging research, innovative practices, and specialized areas within strength and conditioning, sports nutrition, biomechanics, exercise physiology, sport psychology, motor behavior and injury prevention. Students will engage in critical analysis of contemporary issues, case studies, and current literature in the field.

SACC 400**CSCS Exam Prep**

3 Credit Hours

Pre/Corequisite: () and () and ()

This course is designed to further the readiness of students who intend to take the Certified Strength and Conditioning Specialist (CSCS) certification exam from the National Strength and Conditioning Association. Each week, students will practice exam questions related to the essentials of strength and conditioning. This course is pass/fail.