

MSES 500 : Advanced Strength and Condition

This course will explore exercises meant to prevent injuries, reduce movement deficiencies, improve muscle imbalances, and maximize results by creating safe, individualized training programs by identifying dysfunctions, developing a plan of action, and implementing exercise solutions. This course prepares students to take the National Strength and Conditioning Association CSCS, Certified Strength and Conditioning Specialist exam.

Credits 4