

This course offers student athletes the opportunity to train in their sport during the off-season. This course utilizes various training protocols for post-season athletes who need more training or need injury recovery. Concepts in nutrition, hydration, and environmental effects on athletic training are introduced.

Letter Grade, Pass/No Pass

1

O, 48 - 54

None

None

None

Transferable to both UC and CSU

Area A-8: Kinesiology

Area E - Lifelong Learning and Self Development