



## Strength and Sport Conditioning

**Dual Credits:** one high school credit and one college course

**Course:** General Exercise Protocol

Ministry Course Code: TBA / College Course Code: REC114

**Course Description:** Strength and Sport Conditioning coaches must have a basic knowledge of exercise methods to address the health-related components of physical fitness (cardiovascular, strength, flexibility, and body composition). This course will develop the ability to perform, explain, coach, and prescribe exercise using a wide variety of modalities.

**Notes:**

- Tuition, materials and transportation fees will be covered through the Dual Credit program.
- All students are expected to attend an orientation session prior to taking part in a Dual Credit program. Students will be contacted by the Dual Credit Program Assistant, at least one week prior to the start of the program, to be provided with a date, time and location for the orientation session.
- Delivery: Fall 2026.
- Location: Commerce Court Campus.