
Lecture 3 – Strength and Performance


Lectures 4 & 5 – Neuromuscular Adaptations


Lecture 6 – Energy Systems


**Lectures 7 & 8 – Energy Systems Adaptations**


**Lecture 9 & 10 – Neuromuscular Training**


**Lecture 11 – Energy Systems Adaptations**


**Lecture 12 – Transfer of Training**


**Lecture 13 – Exercise Biomechanics**


**Lecture 14 – Long Term Training Process**


**Lectures 15 & 16 – Periodization**


Lectures 17 & 18 – Periodization (Applied)


3. Other training programs will be distributed in class.

Lecture 19 – Overtraining


Lecture 20 – Nutrition


Lecture 21 – Functional Training

Lecture 22 – Core Training
Lecture 23 – Return to Activity

Lecture 24 – Weightlifting Exercises