

KINS 4.43: Speed, Plyometrics, Agility and Quickness Level 3

This course provides students the opportunity to gain awareness of movement patterns and principles for sports that require power and jumping. Training principles include plyometrics, high intensity interval training (HIIT) and sprint interval training (SIT). Sports that require speed and jumping ability include volleyball, basketball, soccer, lacrosse, gymnastics, baseball, softball, and water polo.

Letter Grade: **None**