

# [PDF] Tennis Periodization Schedule

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## **tennis periodization schedule**

tennis, strength training, yoga or other activity options provided based on staffing. A student may apply a maximum of three credits hours of skills (ES 110) plus one HP 100 toward the 128 hours

## **health promotion and exercise science**

Dr. Feldman serves as the team physician at area schools and as part of the medical staff for area professional tennis tournaments and marathons in order to implement a corrective exercise