SPORTS CONDITIONING WORKSHOP

Sports conditioning workouts featuring advanced drills continue to rise in popularity, but some people are concerned they may not be appropriate for all clients. This interactive, hands-on 1-day workshop addresses the science of sports conditioning and explores a systematic approach to designing programs. Learn the skill-related parameters of fitness including balance, agility, coordination, speed, reactivity and power, and how to tailor drills to specific population groups. Explore appropriate progressions in intensity, complexity and movement suitable to specific skill and conditioning levels.

YOU WILL LEARN:
- Key considerations for developing sports conditioning programs
- To conduct a specific needs assessment before designing sports conditioning workouts
- Design, demonstration and cueing for appropriate skill- and conditioning-level drills, exercises and movement patterns that address all parameters of fitness

CLASS SIZE IS LIMITED!

REGISTER TODAY AT ACEFITNESS.ORG/SportsConditioning

Join us in Las Vegas on Sunday, October 28th • 8 AM - 5 PM • $159 (students and staff $129.00)
Email Michael Davis at Workshops@ACEFitness.org for discount information

Hosted by: UNLV Student & Recreation Center
4505 S. Maryland Pkwy, Las Vegas, NV 89154

Pre-approved for ACE, ACSM, NASM, NCSF and NFPT CECs!
(other organizations may use a petition or other acceptance process)