

Virtual Program Topics



Module 1

Anatomy 1

Physiology 1

Psychology

Performance Planning

Module 2

Anatomy 2

Biomechanics 1

Quality Performance Coaching

Enhancing Performance through Reflection

Module 3

Biomechanics 2

Physiology 2

Optimal Learning Environments

Injury Management & Recovery Strategies

Module 4

Building Effective Relationships

Coaching Female Athletes

Nutrition, Performance & Recovery

The Judges Eye