

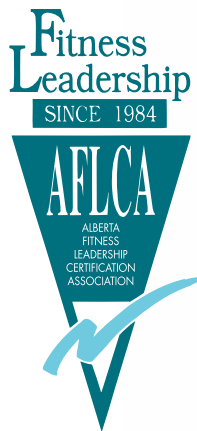
Add bench strength to your personal training certification.

Strength & Conditioning Trainer

Course date:

October 26 & 27, 2019

Edmonton



Advanced Practitioner Course

Expand your scope of practice to include specialized S & C training to youth and adult populations.

This accreditation will set you apart from the pack, with advanced skills, knowledge and commensurate insurance to confidently practice strength and conditioning training for **youth and adult** athletes in individual and team sport environments.

The AFLCA S & C Trainer is evidence-based: developed, written and reviewed by academic and athletic sport training faculty at University of Alberta Faculty of Kinesiology, Sport and Recreation and York University, Faculty of Kinesiology.

What you will learn:

- Developmental physiology from youth to adult as it applies to strength and conditioning
- Applied training protocols for strength and conditioning: Why, where, when and how to apply strength and conditioning training
- Injury prevention and management
- Advanced assessment protocols
- S & C program development

Pre-requisites:

- AFLCA Personal Trainer - CFT or equivalent

Cost:

- AFLCA CFT: \$350.00 + GST
- Non-AFLCA: \$400.00 + GST (price includes insurance and registration)

*Practical evaluations and exams included in course price

What you will earn:

- Advanced certification in strength and conditioning training for youth and adults
- Professional insurance and an expanded scope of practice specific to strength and conditioning training for youth and adults
- Advancement opportunities as a qualified, insured strength and conditioning trainer for youth and adult populations



Learn from qualified experts

S & C youth and adult is delivered by two of Alberta's most highly respected practitioners each with a deep skills base in strength and conditioning research and athlete training. Alex Game is the Director of SHAC, monitoring the assessment of varsity, provincial and national athletes; Mike Cook, is Head Coach Sport Conditioning for the University of Alberta Pandas and Golden Bear Athletics, and manager of the Alberta Sport Development Centre, Capital Region.



Alex Game, M.Sc., CSEP CEP, AFLCA Examiner

Alex is the **Kinesiology Lab Coordinator for the Faculty of Kinesiology, Sport, & Recreation** where he is responsible for undergraduate education in all science-based laboratory sessions, including anatomy, athletic therapy, exercise physiology, exercise prescription, and assessment. Alex is also the **Director of the Sport and Health Assessment Centre** where he oversees testing of recreation, varsity, provincial, national and professional athletes as well as mentoring students gaining professional experience. Finally Alex acts as the strength and conditioning coach for the University of Alberta Pandas Rugby Team.



Michael Cook MSc, CSCS, AFLCA Examiner

Currently working as the **Head Coach, Sport Conditioning for Golden Bears and Pandas Athletics**. Michael is responsible for not only delivering sport conditioning to varsity, post varsity, professional and national level athletes, but also the mentorship of undergraduate and graduate students in this area through lecturing and systematic mentorship opportunities. Michael is also the **Manager of the ASDC - Capital Region whereby** he ensures that sport science support is delivered to emerging athletes and coaches through strategic partnerships with identified provincial sport organizations and the ASDC - Calgary Region.