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Professional Development Grant

Final Report: National Strength and Conditioning Association National Meeting (July 6-9, 2016)

Restatement of the Professional Enhancement Opportunity

This conference is the national meeting of the National Strength and Conditioning Association. The conference is targeted at educators, strength coaches, personal trainers, and researchers. The specific conference sessions have not yet been published; however, typical conference sessions include information regarding current strength training strategies, techniques, and assessment tools. Nutritional strategies and educational tools are often addressed as well.

Review of the Professional Enhancement Opportunity

Attendance earns CEU's needed to maintain my Strength and Conditioning Specialist certification as well as my Athletic Training certification. In addition, the conference sessions will strengthen my knowledge in content areas being taught in the Wellness Science degree and the Strength and Conditioning Master's degree at ATU.

In addition to providing continuing education, the conference provides an opportunity to build relationships and strengthen connections in the region that might allow better Professional Project opportunities for students in the master's degree.

Summary of Experiences

I was able to attend several sessions on topics directly related to classes that I teach. Notes taken will be incorporated into courses and improve the quality of learning of students.

Additionally, I was able to attend the meeting for Education Recognized Programs where I represented ATU as the Program Sponsor for the Master's Degree in Strength and Conditioning Studies. I learned valuable information regarding the NSCA's intent for ERP's, learned about the training program for the Foundations of Coaching Lifts course, and networked with Program Directors from other ERP's.

Finally, the conference expo provided opportunities to learn about new tools and technologies in the field as well as opportunities to use many of them in a hands-on way. This also allowed me to interact with various vendors and make contact with those promoting or selling equipment that might be beneficial to the MS in SCS program.

Conclusions and Recommendations

I highly recommend attendance at future conferences. This experience was an exceptional learning and networking opportunity. Additionally, I was able to earn continuing education units critical to maintenance of my Certified Strength and Conditioning Specialist credential.