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Professional Development Grant

Final Report: National Strength and Conditioning Association National Meeting (July 12-15, 2017)

## **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 I attended included information regarding current strength training strategies, techniques, and assessment tools. Nutritional strategies and educational tools were addressed as well.

## **Review of the Professional Enhancement Opportunity**

Attendance earned CEU's needed to maintain my Strength and Conditioning Specialist certification as well as my Athletic Training certification. In addition, the conference sessions helped 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 provided an opportunity to teach the Exam Prep Live Clinic and become a primary instructor for the course.

This year I had the opportunity to present a research poster for my study Validation of Fitness Test on 2 Commerical Fitness Watches.

## **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.

I taught in the day and a half long Exam Prep Live course to prepare students to take the Certified Strength and Conditioning Specialist exam. My teaching was evaluated at this session, and I was approved to be a lead instructor for this course in the future. This was also helpful as it served as a great networking opportunity for me.

I presented my research poster and interacted with numerous individuals in the field as I answered questions regarding my research.

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.