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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 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.

I had been invited to attend the meeting for Education Recognized Programs where I would represent ATU as the Program Sponsor for the Master's Degree in Strength and Conditioning Studies. However, this meeting was cancelled. Instead, I attended a meeting for instructors of the Exam Prep Live clinics. I learned valuable information regarding the NSCA's plans for further educational development and preparation of students for their certification exams. This was also helpful as it served as a great networking opportunity for me.

I made use of the interactions I had at the conference to attempt to further develop a research collaboration opportunity. I had a great conversation with a colleague regarding the opportunity to potentially collaborate on a research project. If nothing comes of the project we discussed, we both know that the other is willing and interested in collaborating in the future. This would be good for me and my graduate students as this colleague has been on the NSCA's Board of Directors several times.

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.