

## **KINE 4701 – Strength and Physiology for High Performance Sport**

This seminar is delivered in partnership with the Canadian Sport Centre Atlantic. The CSCA promotes excellence in sport by supporting high performance athletes and coaches training and living in Nova Scotia, New Brunswick, Newfoundland, and Prince Edward Island. We provide performance and life services to eligible CSCA registered high performance (national team) athletes, Canada Games athletes, along with employment and educational opportunities for coaches.

This is a seminar in exercise physiology and strength and conditioning for high performance sport. This experience is meant to supplement university educations with applied physiology and strength training components. There will be both classroom and practical components to the seminar.

Location: Canadian Sport Centre – Atlantic - 26 Thomas Raddall Dr. (Canada Games Centre)

Pre/Co-requisites:

- Student is in at least 3<sup>rd</sup> year of study, has completed KINE 2310, 3414
- Is currently enrolled in 3419