

Brett Armstrong,
NSCA CSCS, CPI
Dalhousie University Athletics

Brett Armstrong graduated from Dalhousie University in 2018 with his Bachelor of Science in Kinesiology with a focus on exercise physiology and injury care and prevention. During his time at Dalhousie University Brett has become part of the National Strength and Conditioning Association obtaining his certification as a Strength and Conditioning specialist. He also used Kinduct, a data analysis program, in collaboration with Dalhousie Athletics to conduct studies to assess vertical jump and plyometric capacity of Varsity Athletes.

Brett focus is on coaching for U Sport, amateur elite athletes, NCAA, adults in sport, youth athlete development, program development and testing. With a focus on applying research to fitness Brett has created coaching and in season periodization to reduce athlete injuries and improving athletic well-being. His use of exercise prescription also helps to develop fundamental movement skills that aim to reduce pain and neuromuscular dysfunction in sport and activities of daily living.

Hours available for booking:

Monday – 4:00 pm to 8:00 pm

Tuesday – 1:00 pm to 4:00 pm & 5:10 pm to 8:00 pm

Wednesday – 4:00 pm to 8:00 pm

Thursday – 1:00 pm to 4:00 pm & 5:10 pm to 8:00 pm

Friday – 9:00 pm to 4:00 pm

Saturday – 12:00 pm to 3:00 pm