

## Strength and Sport Conditioning

### Program Learning Outcomes

Learning outcomes represent culminating demonstrations of learning and achievement. In addition, learning outcomes are interrelated and cannot be viewed in isolation of one another. As such, they should be viewed as a comprehensive whole. They describe performances that demonstrate that significant integrated learning by graduates of the program has been achieved.

The graduate has reliably demonstrated the ability to

1. contribute to the safe and effective delivery of sport conditioning programs through in-depth knowledge of appropriate testing and exercise protocols with regard to aerobic/anaerobic training, strength/power, flexibility, speed, agility and balance training.
2. create, plan, implement, and evaluate programs aimed at the development and enhancement of sports performance from the entry level (recreational) to elite (competitive).
3. promote healthy lifestyle choices and the use of functional ground-based training methods with the majority of athletes.
4. apply the concept of inclusion in the design and delivery of sport conditioning programs, sport team management and special events.
5. apply the standards and positions of agencies involved in sport training and competition (NCCP, NSCA, Canadian Centre for Ethics in Sport).
6. deliver sport conditioning programs, sport team management, and special events utilizing appropriate administrative skills.
7. develop the skills of staff and volunteers involved in delivering training programs, managing sports teams, and assisting with special events by applying human resource management principles.
8. apply sound business principles and marketing strategies to the continued delivery/success of sport conditioning programs, sports teams and special events.
9. utilize age appropriate approaches with individuals and groups involved in sport conditioning programs or competitions.
10. contribute to the safe and effective management of facilities used for sport conditioning training.
11. develop plans and affiliations aimed at professional growth and development.