



**THE UNIVERSITY OF THE WEST INDIES  
SECTION OF SPORTS AND EXERCISE MEDICINE  
MONA ACADEMY OF SPORT  
FACULTY OF SPORT**

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**Course Title: Principles and Application of Fitness Testing in Developing Training Programmes for Athletes.**

**Course Description**

This course is designed to expose coaches, physical education teachers and fitness trainers to methods used for testing fitness parameters in athletes, benchmarking of performance and how-to utilize fitness tests to plan programmes for athletes. Through a combination of lectures and practical sessions you will explore testing for upper and lower body power, strength, flexibility, muscle endurance, muscle strength, cardiovascular endurance and agility. You will be exposed to commonly used sites for calculating fitness scores and benchmarking your athletes.

**Day 1 – Thursday October 11<sup>th</sup> 9:00am – 5:00pm**

Flexibility testing and impact of flexibility on performance and injuries.

Core muscle strength and stability – assessment and programme planning

Strength testing for the upper and lower body

Difference between strength training and power training

Power training for athletes – comparison of different approaches

**Day 2 – Friday October 12<sup>th</sup> 9:00am – 5:00pm**

Upper and lower body power – assessment methods and programme planning

Cardiovascular Endurance – Assessment and programme planning.

Using the Rating of Perceived Exertion Scale during training

Agility – Assessment methods and training approaches

**Cost per person - \$15,000.00**

**Contacts for Registration**

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- ***For students to obtain the full benefit of this course the class size is limited to 30 students to allow for a ratio of 1 instructor per 10 students.***
- ***To secure your space payment must be done by October 5<sup>th</sup> 2018.***
- ***Registration and payment is to be done at the UWI Sports Medicine Clinic which is located on the 3<sup>rd</sup> floor of the Faculty of Medical Sciences Teaching and Research Complex at the UWI Mona Campus. Payment may be done via credit card, cash or managers cheque if paying for several attendees.***