

STRENGTHEN YOUR SKILL SET



SHERIDAN COLLEGE PHOTO

WITH SHERIDAN'S HUMAN PERFORMANCE TRAINING COURSE

Sheridan College is offering a unique program that will gain attention as we head towards the 2012 Olympic Games.

The Human Performance Training certificate program is designed to develop strength and conditioning coaches, capable of working with elite-level athletes, preparing them for the

challenges of their sport, and is the only one of its kind in Canada.

Offered through Continuing Education, the Human Performance Training — Sheridan Certificate will provide professionals currently working in health and human performance settings the opportunity to upgrade their skill

set to work with athletes of all levels. The program provides the theoretical and practical skills necessary to design and implement advanced strength and conditioning regimes for both individuals and teams.

The certificate will be offered in a part-time format with mostly evening

and weekend classes and you may choose to enrol in any number of courses offered in each semester; there is no timeline for completion of the certificate.

This program is specifically designed for practitioners with pre-existing skills in the field of fitness, kinesiology, exercise science, and coaching. An individual who specializes in human performance training uses advanced training techniques and programming strategies to enhance the performance of any individual of any ability.

The instructors are the best in the field and coach many Olympic athletes. One recent graduate, Matt Verboom, is now a full-time strength coach at Upper Canada College and the strength and conditioning coach for McMaster University's women's basketball team.

The program utilizes Sheridan's Exercise Intervention Research Centre, a 4,000-square-foot strength and conditioning facility, complete with platforms, sprint track and plyometric area to simulate high-performance programming in the field.

To find out more about this unique program, course availability and registration information, visit Sheridan's website at ce.sheridaninstitute.ca or call 905-845-9430, or 905-459-7533, ext. 5190.