



SEMINAR: APPLICATIONS OF PERFORMANCE TESTING FOR TRACK & FIELD

Complementary seminar for BC Athletics Coaches

Performance testing, encompassing physiology and biomechanics, can have an influential impact on athlete performance.

Physiological and biomechanical assessments provide objective metrics for baseline evaluation of athletes and monitoring their progress. These tools can also help inform your training strategies to improve performance outcomes and manage injury risk.

On March 14, Fortius Sport & Health's Director of Sport Performance (and track and field coach), [Paul Gamble](#), and Applied Sport Scientist (Physiology), [Lauren Penko](#) are hosting a complementary 1-hour presentation and Q&A session exclusively for BC Athletics coaches. The seminar will cover the applications of some of the assessments that Fortius can provide on-site, and how they relate to your work with athletics athletes. These include:

- Physiological assessment, such as VO₂max and lactate threshold
- Body composition analysis
- Biomechanical assessment, including jump testing (using force plate technology)

[Fortius Sport & Health](#) is an Integrated Athlete Development Centre located in Burnaby, BC. Through our partnership, members receive special preferred rates starting at 20% off these performance tests. Visit our [membership benefits page](#) to learn more.

SEMINAR DETAILS:

Date: Thursday, March 14, 2019

Time: 6:30 – 7:45pm

Location: Human Performance Lab, Fortius Sport & Health, 3713 Kensington Avenue, Burnaby, BC.

Registration: www.trackiereg.com/performancetesting

Live Video Streaming: <https://www.facebook.com/BCAthletics1/>

This seminar is open to BC Athletics **COACH** members only. If you are not a COACH member, you can contact Sam.Collier@bcathletics.org to upgrade or obtain a membership, or visit www.bcathletics.org/coaches/membership

Please direct any questions to Jennifer.Brown@bcathletic.org.