



50 years of exercise training science. What's old? What's new? What's true?

There have been many fads, facts and inaccuracies regarding training over the decades. MUN School of Human Kinetics and Recreation has contributed to answering many of these questions. Dr. Behm will highlight the most recent knowledge about advanced resistance training techniques for children, as well as unstable, high speed velocity-specific, and elastic band resistance training, and stretching.

Dr. Behm; a University Research Professor with approximately 200 publications and career research awards from the Canadian Society for Exercise Physiology, National Strength and Conditioning Association and Memorial has over 20 years of research experience in exercise training science at Memorial.

Details:

OCT. 25, 2016, 7 P.M.

PHYS ED BUILDING, ROOM PE2001

PARKING IS AVAILABLE IN LOT 1A

FOR MORE INFORMATION:

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HKR speaker's series
sponsored by the
Joyce (Noel)
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featuring HKR's Dr.
David Behm