

CONTINUING EDUCATION PROGRAM

LEARNING CENTER FIVE- Resistance Training, Physiology, Stretching

(Must complete 1 CEU's)

SOURCE	NAME
NFHS	Strength and Conditioning (.2CEU's)
USAR-	Basic Fitness #1- (.2CEU's)
USAR-	Basic Fitness #2- (.2CEU's)
USAR	Resistance Training #1 (.2 CEU's)
USAR-	Resistance Training #2 (.2 CEU's)
ASEP-	Coaching Strength and Conditioning Principles (.3 CEU's)
NFHS	Strength and Conditioning (.3 CEU's)
NSCA	Certification (.5 CEU's)

Practical Experience

Trainer at Club or for a Team (.3 CEU's)

Write associated articles for USAR-IP (.1 CEU's)

Produce Video for USAR-IP TV (.2 CEU's)

Resources

Resistance Training for Racquetball- USAR/USOC

Basic Fitness and Conditioning for Racquetball Players c- Chris Evon and Bill Phan- USAR

