

SPKD**STRENGTH & CONDITIONING SPECIALIST EDUCATION
SCHEDULE****SCAT-SCS**

17.03.12

18.03.12

19.03.12

20.03.12

21.03.12

22.03.12

23.03.12

24.03.12

Cumartesi**Pazar****Pazartesi****Salı****Çarşamba****Perşembe****Cuma****Cumartesi**

09:30

AÇILIŞ

Workshop 1 (INTRO)

Workshop 2 (WL)

Workshop 2 (WL)

Workshop 3 (PAS)

Workshop 3 (PAS)

Workshop 4 (PEP)

Workshop 4 (PEP)

10:00

VE**KAYIT**

Workshop 1 (INTRO)

Workshop 2 (WL)

Workshop 2 (WL)

Workshop 3 (PAS)

Workshop 3 (PAS)

Workshop 4 (PEP)

Workshop 4 (PEP)

11:00

SPKD Dern. Tanıtımı, Sportif
Performansta Kondisyonerin
Önemi Drt.
Türker Bıyıklı Günel Güney
Vedat İnceefe

Workshop 1 (INTRO)

Workshop 2 (WL)

Workshop 2 (WL)

Workshop 3 (PAS)

Workshop 3 (PAS)

Workshop 4 (PEP)

Workshop 4 (PEP)

12:00

Workshop 1 (INTRO)

Workshop 2 (WL)

Workshop 2 (WL)

Workshop 3 (PAS)

Workshop 3 (PAS)

Workshop 4 (PEP)

Workshop 4 (PEP)

13:00

Workshop 1 (INTRO)

Workshop 1 (INTRO)

Workshop 2 (WL)

Workshop 2 (WL)

Workshop 3 (PAS)

Workshop 3 (PAS)

Workshop 4 (PEP)

Workshop 4 (PEP)

14:00

Workshop 1 (INTRO)

Workshop 1 (INTRO)

Workshop 2 (WL)

Workshop 2 (WL)

Workshop 3 (PAS)

Workshop 3 (PAS)

Workshop 4 (PEP)

Workshop 4 (PEP)

15:00

Workshop 1 (INTRO)

Workshop 1 (INTRO)

Workshop 2 (WL)

Workshop 2 (WL)

Workshop 3 (PAS)

Workshop 3 (PAS)

Workshop 4 (PEP)

Workshop 4 (PEP)

16:30

Workshop 1 (INTRO)

Workshop 1 (INTRO)

Workshop 2 (WL)

Workshop 2 (WL)

Workshop 3 (PAS)

Workshop 3 (PAS)

Workshop 4 (PEP)

Workshop 4 (PEP)

*Workshop 1: Entry Level workshop – Introduction to Strength & Conditioning
Workshop 1: Giriş Seviyesi - Kuvvet ve Kondisyona Giriş (Intro)**Workshop 3: Plyometrics, Agility & Speed (PAS)
Workshop 3: Çeviklik, Hız ve Plyometrik çalışmaları**Workshop 2: Weightlifting for Sports Performance (WL)
Workshop 2: Sportif Performansa Yönelik Ağırlık çalışmaları**Workshop 4: Preparing Effective Programmes (PEP)
Workshop 4: Etkif Program Dizayn*

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