
Learning Objectives

MedBridge

Secrets to Engineering Athletic Performance: From Youth to Professionals (Recorded Webinar)

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Course Objectives

Upon completion of this course, learners will be able to

- Distinguish the differences between a sports performance program and a system
- Determine when performance testing should occur given specific scenarios, such as rehabilitation vs. off-season
- Select the type of testing to be performed based on case scenarios
- Construct performance goals based on the desired outcome of the athlete
- Distinguish the sport-specific rehabilitation and performance measures needed given a particular sport
- Select activities that will enhance the performance of an athlete based on testing results
- Apply evidence-based risk factors for preventable injuries in the context of sports performance training