

Sport Science Lab - SSL Certification - Poolwork

Course curriculum

1 Welcome to the course!

A message from the instructor

How to use this course

Before we begin...

Redeem your 10% equipment discount

Terms and conditions

2 CHAPTER 1: RESEARCH – Compulsory reading and Quiz

Physiological Response to Water Immersion A Method for Sport Recovery?

Physiological response to water immersion – Quiz

The significance of water rehabilitation in patients with anterior cruciate ligament reconstruction

Significance of water rehabilitation in ACL reconstruction – Quiz

Aquatic cross training for athletes

Aquatic cross training for athletes – Quiz

3 CHAPTER 2: LECTURES

Lecture 1: Properties of water and the practical implications thereof

Properties of water and the practical implications thereof – Quiz

Lecture 2: A Practical Guide for Conditioning, Rehab and Recovery

Lecture 3: A Practical Guide – Poolwork Upper body

Lecture 4: A Practical Guide – Poolwork Lower body

Lecture 5: A practical guide for the development of speed, speed endurance and power endurance

Poolwork practical guide – Quiz

4 What's next...

Congrats! Here's what's next...

More resources for you

Before you go...