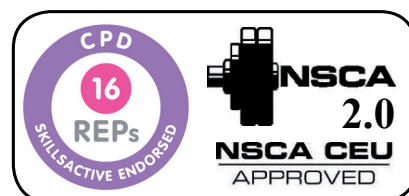




**The National Academy of Sports Medicine (NASM) Performance Enhancement Specialist (NASM PES) is designed for athletic trainers, chiropractors, physical therapists, coaches, personal trainers, and other sports professionals who want to work with athletes at all levels, from secondary education and university tier, to professional and Olympic level athletes.**

## WHY CHOOSE NASM & SPORT981

The National Academy of Sports Medicine Performance Enhancement Specialist (PES) combined with Sport981 coaching expertise offers individuals:



- **The ability to learn and apply cutting-edge performance assessment techniques**
- **Understand and use of the critically acclaimed Optimum Performance Training (OPT™) model which is unique to NASM for highly individualised, sport-specific program design to maximise athletic gains**
- **Application focused workshops with an experienced Sport981 tutor/coach to ensure that your real life skills are at the forefront of coaching with an emphasis on getting results.**

All Sport981 Tutor coaches have a proven track record of working with athletes from a diverse background, from those involved in long term athletic development, through to TASS or professional sports teams, commonwealth games athletes and world champions.

In an increasingly competitive professional environment, with the added pressure of media attention, athletes have to perform at increasingly higher levels and still avoid injury. To help them succeed, the advanced techniques in the NASM PES will help performance enhancement professionals create highly individualized, integrated training programs that enrich training and enhance performance. The NASM PES is the definitive educational training course for the fitness professional.



*The sport981 tutors will take you to the next level. Since becoming certified I apply the NASM PES education philosophies and sport981 coaching strategies on a daily basis to get the most from my athletes.*

*Thank you sport981 and NASM.*



### Alex Chapman MSc PES

Sport981 graduate  
Portsmouth FC - FA Cup  
International High Performance Tennis Centre  
England Netball Excel

Our Education Partners





## COURSE ENTRY REQUIREMENTS

- A current NASM-CPT certification, or
- REPS Level 3 or higher credential (candidates outside of the US only),  
or

### A degree in one of the below related fields

- |                     |                       |                      |
|---------------------|-----------------------|----------------------|
| ● Athletic training | ● Ergonomics Exercise | ● Nutrition          |
| ● Biology           | ● physiology          | ● Physical education |
| ● Biomechanics      | ● Exercise science    | ● Physical therapy   |
| ● Chiropractic      | ● Health science      | ● Sport science      |
| ● Community health  | ● Kinesiology         |                      |

## THE KNOWLEDGE

Your study material will expose you to scientifically valid concepts and applications in:

- |   |  |
|---|--|
| 1. Introduction to human movement science                             | 9. Integrated resistance training for performance enhancement                      |
| 2. Sports performance testing   | 10. Olympic lifting for performance enhancement                                    |
| 3. Flexibility training for performance enhancement                   | 11. The science of periodisation and the Optimum Performance Training (OPT™) model |
| 4. Cardiorespiratory training for performance                         | 12. Current concepts in injury prevention  |
| 5. Core training concepts for performance                             | 13. Performance nutrition  |
| 6. Balance training concepts for performance                          | 14. Ergogenic aids   |
| 7. Plyometric training concepts for performance                       | 15. Performance psychology: integrating physical and mental training               |
| 8. Speed, agility, and quickness training for performance enhancement |  |

NASM PERFORMANCE ENHANCEMENT SPECIALIST (PES)

## COURSE DURATION

The NASM-PES course has been designed as a distance learning course to be studied over a 3 month period so that you can fit it into and around your busy work and life schedules. As such the material is well written and accompanied by numerous support resources.





## NASM FACT FILE

*The Performance Enhancement Specialist (NASM PES) Advanced Specialisation integrates the science and the solutions for optimal sports training success, so much so that in 2007 the National Academy of Sports Medicine Signed a contract with the National Basketball Athletic Trainers Association (NBATA) that established NASM as the official provider of sports education for the organization.*

*The NBATA is the official professional organization that comprises approximately 60 certified athletic trainers who provide specialized health care and critical support services to the athletes and organizations of the NBA.*

## LEARNING TOOLS

### WORKSHOP

All courses are accompanied with a practically orientated workshop (1 weekend after a minimum of 4 weeks distance learning) which brings the material to life with one of Sport981's experienced coaches.

**Online learning Platform** – On registration you will be provided with pass codes to access your very own learning resources section on the NASM website. Here you can take practice exams, track your progress and access learning material.

**Tutor/Coach E-mail Support** throughout the duration of the course should you experience any difficulties.

**Introduction Module** detailing the assessment process, as well as background/history information about Sport981, NASM, Reps and the Sport981 appeals and Equal Opportunities policy.

**Comprehensive Course Manual** – This tool consists of all key sections/modules of the Performance Enhancement Specialist (PES) Course. The text is supported by graphics to ensure your learning opportunity is maximised.

## COURSE ASSESSMENTS: -

1. Theory Exam (90mins) – 100 multiple-choice questions

## COURSE COST

£849.00 Inc VAT



**RAISE YOUR GAME....**

**T: 0115 8599139 e: Info@sport981.com**