

Performance Enhancement Coach Certification Course Syllabus

Spring 2022

Instructor

Michael Maziekas

John Petrizzo

General Information

Description

The APTE Performance Enhancement Coach (PEC) course provides an interdisciplinary Science - based applied approach to performance enhancement within the context of clinical sports sciences and the APTE's integrated approach of the human movement sciences.

The PEC course was designed for those who want a greater understanding of performance optimization in theory and application. You'll learn how to modify your training approach for your performance-driven athletes and clients, and gain the knowledge and skills needed to optimized strength, agility and the ability to perform at peak levels while minimizing the potentials for injury.

Expectations and Goals

Course completion should be approximately 20 - 22 hours with 18 hours of live presentation and practical application. Students are given the first three assignments as a self-pace learning.

Course Materials

Powerpoint presentations will be given

Course Schedule

	Topic	Platform	Date/Time
Assignment 1		Home study	
Assignment 2		Home study	
Assignment 3		Home study	
Class 1		Zoom	March 19 th 10:00 - 4:00 pm
Class 2		Zoom	March 20 th 10:00 - 4:00 pm
Class 3		Zoom	March 22 nd 6:00 - 8:00 pm
Class 4		Live Lab	March 27 th 10:00 - 2:00 pm
Exam	Exam	Online	