

# SPORTS PERFORMANCE

## FITNESS ASSESSMENT & CONDITIONING FOR SPORT

A Practical Workshop Hosted by NUI Galway Collaborative Sports Initiative and Galway County Sports Partnership

Learn how to recognise different components of fitness, conduct appropriate assessments, perform core strength conditioning exercises, and monitor hydration for sport.



- Fitness Testing
- Core Strength Training
- Hydration for Sport

**Date: Saturday, February 27th**

**Time: 10am-1pm**

**Venue: NUIG Sports Pavilion, Dangan, Galway**

**Fee: €25 Per Person**

You are encouraged to register early to avoid disappointment.

For further information contact:

email: [sports@galwaycoco.ie](mailto:sports@galwaycoco.ie) tel: 091 476509

