

Sport Medicine and Science Council of Saskatchewan



Programs and Services

Mental Training – 1-2 hour Workshops are available in many areas and can be on one topic or a combination of many. Suggested topics include team building and group dynamics, attention, emotional, and arousal control, self-awareness, mental imagery, self-talk, goal setting, routines, ideal performance state, mental toughness, and practice effectiveness.

Strength & Conditioning – 1-2 hour Workshops are available in many areas and can be on one topic or a combination of many. Suggested topics include core strength, concepts in warm-up/cool-down, weight training, resistance training, foot speed & agility, plyometric training, exercise program design, and exercise ball training.

Sport Nutrition – 1-2 hour Workshops are available that covers the areas of basic sport nutrition, fluids, weight issues, pre/post event nutrition, nutrition on the road, tournament & multi-event nutrition, and supplements & herbal products.

Sport Medicine Education Sessions – 1-2 hour Workshops are available in many areas of and can be on one topic or a combination of many. Suggested topics include injury prevention (warm up/cool down and stretching), recognition & care of common & life threatening injuries, emergency action plans, & concussions.

Sport First Aid – 7 hour full day workshop is available with content consisting of role of the first aider and liability concerns, fitness & injury prevention, the medical kit, facilities & equipment, emergency action plans, life threatening injuries, injury recognition, and common sport injuries

Sport Taping - 7 hour full day workshop with content consisting of injury assessment & management, taping theory, (benefits, when and why you tape, common mistakes, taping techniques, taping supplies), and plenty of actual taping instruction and practical taping time on the ankle, wrist, thumb, finger, and functional wrapping of the hip.

For more information on the Sport Medicine and Science Council of Saskatchewan council visit: <http://www.smscs.ca/>

If you are interested in booking a workshop for your community or organization, and are within the Prairie Central District boundaries, please contact Jaret Dezotell @ 726-2087 ext.223 or jaret.pcsdcr@sasktel.net

