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# Sport Management Program Announces New Partnership

June 10, 2021



Georgia Southern University's Department of Health Sciences and Kinesiology is excited to announce a partnership with Fitness Mentors and Symonds Training and Research. Both will be providing educational opportunities for undergraduate sport management students who will be participating in the upcoming project "What a year: Using fitness and mindfulness to decrease teacher stress."

Through the partnership with Fitness Mentors, students will be trained in fitness and through the partnership with Symonds Training and Research, students will be trained in mindfulness activities.

## **About Fitness Mentors**

Fitness Mentors started as a resource and knowledge platform dedicated to helping fitness professionals find their footing in the industry through career and academic guidance. Fitness Mentors has agreed to allow Georgia Southern to license their content for two months during the fall semester and two months during the spring semester. Within the agreement, the Sport Management program can print documents to re-use and to add to student packets. For more information on Fitness Mentors visit, [www.fitnessmentors.com](http://www.fitnessmentors.com).

## **About Symonds Training and Research**

Symonds Training and Research has been providing high-quality training programs that are easy for trainers to use, to provide effective and high-value workshops. The program provides a trainer's manual as well as materials that can be edited and modified to ensure customization for each participant group. These materials can be given to students and will be reused making the program sustainable. For more information on Symonds Training and Research visit, <https://symondsresearch.com/>.

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