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## Health & Kinesiology News

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## Department Hosts NSCA Event

December 5, 2019



Department of Health Sciences and Kinesiology Assistant Professor Greg Ryan, Ph.D., hosted the annual Georgia State Clinic for the National Strength and Conditioning Association (NSCA) November 9<sup>th</sup> on the Georgia Southern University Statesboro Campus.

The annual clinic provides attendees with the opportunity to network with industry experts, examine cutting-edge research and participate in hands-on demonstrations, all while earning continuing education units. In addition to hosting the event, several Department of Health Sciences and Kinesiology faculty presented at the event.

Bridget Melton, Ed.D., professor, led a 30 minute hands-on demonstration showing attendees how to use the FMS with athletes and Assistant Professor Megan Byrd, Ph.D., demonstrated how to implement the Sport Psychology Technique through technology. Ron Snarr, Ph.D., assistant professor, presented research titled, "Clearing up the Confusion of High-Intensity Interval Training."

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