

# Human Performance Center

Human  
Performance  
Center



## Personal Training

### What is Personal Training?

Personal training is one of the best means to help you effectively achieve your goals. Whether you need assistance with motivation, sport specific conditioning, weight loss, or simply want to maintain or improve your overall health, our personal training program can help you do just that. Sessions are generally 1 hour in length, and you will receive One-on-One attention from one of our personal trainers.

### Testimonials:

*"It's been an overwhelmingly positive experience training with Stephanie through the HPC — she's a highly skilled and knowledgeable trainer who walks the talk and has superb interpersonal skills as well. I am stronger than ever thanks to my regular training sessions, and I'm no longer intimidated by a weight room."*

- Lisa, currently training with Stephanie Fusnik

*"I discovered HPC a year ago. Since then my training hours with my personal trainer Jennifer have been among the highlights of the week."*

- Julita, currently training with Jennifer Jochim

### Why Should You Invest in Personal Training?

**Beginners:** Get a handle on the basics—learn correct exercise technique and the proper combination of flexibility, resistance, and cardiovascular training for an effective workout.

**Intermediate:** At this stage, many people may find they have reached a plateau in their exercise routines. Our qualified trainers will demonstrate alternative, and/or new techniques that will allow you to “shake up” your current program and advance to the next level.

**Advanced:** If you are at the advanced stage of exercise, personal training is a great option for you to help achieve individual goals. Whether you are preparing for success at a sport-specific event, or you want to try a new activity requiring a higher level of fitness, our experienced trainers will help you plan and execute an effective training strategy.

### What Should You Look For in a Personal Trainer?

- What are their qualifications?
- How long have they been in personal training?
- Do they have experience in training clients like yourself?
- Do they have certification and liability insurance?

### How Do I Sign Up?

Visit our website at <http://recservices.usask.ca/getfit/find-a-personal-trainer/index.php> or simply drop by the Fit Centre and one of our certified staff will help you sign up for the appropriate package.

### Personal Training

Sessions per week	Cost per session	
	1 person	Small Group Training 2- 4 people
3-5	\$35	\$25/person
2	\$40	\$30/person
1	\$50	\$35/person

## Training Programs to Ensure You Succeed



### **Jason Weber**

*PGD, BSPE, CEP, CSCS*

*Certified Strength and Conditioning Specialist (CSCS)*

*Certified Exercise Physiologist (CEP)*

Jason is responsible for several programs which include coordinating all personal training at the University, strength and conditioning programs for the Huskie Athletic varsity teams, and all physiological fitness testing.

Jason has over 16 years experience and has coordinated, designed and implemented off season high performance training for athletes competing at all levels from grassroots, Provincial, National and Olympic team athletes as well as Stanley Cup Champions.



## Fitness Assessment

Interested in starting a fitness program or just curious about your current fitness level? Regardless of your current level of fitness or your goal, we have an assessment for you. Our experienced training staff of CSEP – CPT's and CEP's will determine which is the appropriate evaluation to ensure you get the information you are looking for.

Through the use of our Exercise Physiology Lab we are able to assess aerobic fitness, muscular strength & endurance, flexibility, and body composition.

### **Aerobic Fitness**

Max VO2 Test (run or cycle), Astrand Submaximal Test, CPAFLA Step Test

### **Muscular Strength and Endurance**

Functional Movement Screen, Standard Load, 1 RM

### **Flexibility and Core Strength**

### **Body Composition**

Skinfold/Girth Method

### **Functional Movement Screen (FMS)**

The FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries

Our trainers will take the time to properly explain all of the procedures and findings of your assessment to help you work towards your fitness goals.

## Police Service Testing

### **POPAT**

HPC is the official testing facility for applicants to the Saskatoon Police Service.

### **PARE**

HPC offers testing opportunities for the RCMP, Saskatoon Health Region and SERM.

**MAKE IT PERSONAL!**

**PERSONAL TRAINING:**

PERSONS	/SESSION	PRICE
1 PERSON		
3X-5X PER WEEK		\$35
2X PER WEEK		\$40
1X PER WEEK		\$50

**SMALL GROUP TRAINING**

PEOPLE	/SESSION/PERSON	PRICE
2- 4 PEOPLE		
3X-5X PER WEEK		\$25
2X PER WEEK		\$30
1X PER WEEK		\$35

**FOR MORE INFORMATION**  
VISIT [HTTP://REC.SERVICES.USASK.CA/GETFIT/HUMAN-PERFORMANCE-CENTER](http://rec.services.usask.ca/getfit/human-performance-center)

**fit centre**  
**HPC**  
HUMAN PERFORMANCE CENTER  
COLLEGE OF KINESIOLOGY

### POPAT/PARE Training Program

So you want to be a police officer? You have applied, been accepted and now all you have to do is run the P.O.P.A.T. test. The test is designed to simulate a chase, a fight and a carry to safety. You must complete the test in less than 4 minutes and 45 seconds. If not properly prepared the POPAT can be an extremely demanding test of strength, stamina and will. At HPC we train the body to accommodate the huge demands placed on it during this test. During training we break the course down bit by bit and work at each fundamental movement that is essential to producing, not just a good time, but a great time. 4:45 min is the minimum time allowance for a successful completion of the POPAT – Don't be the minimum. Because "UNTIL YOU DO IT YOU HAVEN'T DONE IT"

#### Program Includes:

- Two 90 minute training sessions per week. Qualified instructors will lead applicants through specific training sessions. Individuals are encouraged to attend at least one supervised training session per week. Sessions are Monday and Wednesday (7:00 –8:30 pm) at the Physical Activity Complex
- Periodic physical testing of skills specific to the POPAT/PARE
- Two practice trials on the official POPAT/PARE course

**Contact:** [jason.weber@usask.ca](mailto:jason.weber@usask.ca)

**Cost:** \$210 (GST included) and includes HPC training t-shirt

### Team Strength & Conditioning

At the Human Performance Center we feel that Sport Performance Training is so important we offer this course year round, for all sports at all times. There is no off-season, only an opportunity to improve – seize that opportunity!

Training program designed for developing athletes of all sports and those motivated individuals looking to take their physical abilities to the next level. Training sessions will focus on exercises that will improve mobility, core stability, whole body efficiency and strength, all while preventing lifestyle or sport related injuries.

This program has been designed to help promote quickness, agility and strength. The conditioning which will be provided will act as a foundation for skill progression and development for the upcoming and future years.

Come as team members, a group of friends or as an individual. Athletes will be placed in groups based on sport specific training, age and training ability. Let us challenge you and help you train at a level you never thought possible.

Highly motivated and CSEP qualified trainers will regulate the training. Sessions are ongoing year round and individuals are able to start at any time. Sessions are 1hr and we offer flexible times, days and a "pay as you go" option to help accommodate those busy schedules.

Continue to check our website for further updates!

<http://recservices.usask.ca>



## Elite Hockey Conditioning Program

You have invested countless hours of blood sweat and tears, untold sums of money on sticks, skates and other equipment. Why now would you choose not to invest your time and money for the one of a kind hockey conditioning experience that only can be found at the Human Performance Center.

The vision of the Hockey Conditioning Program at HPC is to provide a unique, cutting edge training experience that will maximize the player's on-ice hockey ability and optimize their long term athletic development. Recognized by The Hockey News Coaching and Training Guide as a top training facility, The Hockey Conditioning Program has been one of Saskatoon's longest and most successful off-season conditioning centers. The program has a proven record of success. Our athletes are consistently ranked in the top percentile for fitness testing at fall training camps, and have productive, injury free seasons again and again.

## Programs

Training programs are designed for developing players all the way to elite level athletes. All training sessions are held at the HPC only Ed Balcony and Physical Activity Complex, which allows HPC to access state of the art facilities such as a weight room, triple gymnasium, artificial turf, gymnastics room, wall climbing, swimming pool, and more.

This program has been designed to help develop speed, power, quickness, agility and strength. The conditioning which will be provided will act as a foundation for skill progression and development for the upcoming season and future years.

Training sessions will focus on sport specific exercises that will improve mobility, core stability, whole body efficiency and strength, all while preventing sport related injuries.

Highly motivated and CSEP qualified trainers will regulate the training. Sessions are ongoing year round and players are able to start at any time. We offer flexible times, days and a "pay as you go" option to help accommodate those busy schedules.

To be part of this one of a kind training experience please email [jason.weber@usask.ca](mailto:jason.weber@usask.ca) and register today for an off-season you will never forget.

### Head Start Program

(Pee Wee, Bantam, Midget and Junior)

3-5 supervised training sessions per week  
(sessions are 1hr – 1hr +)

### Pee Wee, Bantam Program

3-5 supervised training sessions per week  
(sessions are 1hr – 2hr +)

Nutrition Counseling and Sport Psychology  
(available on request)

### Midget/Junior Program

3-5 supervised training sessions per week  
(sessions are 1hr – 2hr +)

Nutrition Counseling and Sport Psychology  
(available on request)



### Female Hockey and Ringette

(Pee Wee, Bantam, Midget, College)

3-5 supervised training sessions per week  
(sessions are 1hr – 2hr +)

Nutrition Counseling and Sport Psychology  
(available on request)



### Pro Program

(Professional and NHL Drafted)

5 supervised training sessions per week  
(sessions are 1hr – 2hr +)

Nutrition Counseling and Sport Psychology  
(available on request)

NHL Physical Testing protocol available on request

## Did you know?

*All Personal Trainers at HPC are Certified Personal Trainers (CPT) or Certified Exercise Physiologists (CEP)*

*Visit our HPC website at [www.recservices.usask.ca/getfit/human-performance-center](http://www.recservices.usask.ca/getfit/human-performance-center)*

*HPC works with the general public, the University community, Police and RCMP recruits, aspiring athletes and everyone in between "everyone is someone".*

*For more information or registration for any of the HPC programs please email: [jason.weber@usask.ca](mailto:jason.weber@usask.ca)*

### Find us on Twitter!

<http://twitter.com/uofshpccoach>