



Jason Weber – Coordinator • Human Performance Center • University of Saskatchewan

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 do just that. Sessions are generally one 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 HPC — highly skilled and knowledgeable trainers who walk the talk and have superb interpersonal skills. I am stronger than ever thanks to my regular training sessions, and I'm no longer intimidated by a weight room."

– Client currently training with HPC

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

– Client currently training with HPC

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 find they may 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.

Visit our website or simply drop by the Fit Centre and one of our certified staff will help you sign up for the appropriate package.

<http://recservices.usask.ca/getfit/find-a-personal-trainer/index.php>

All HPC personal trainers are Certified Personal Trainers (CPT) or Certified Exercise Physiologists (CEP). HPC works with the general public, the University community, Police and RCMP recruits, aspiring athletes and everyone in between “everyone is someone”.

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 20 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 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."

Team Strength and 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 programs 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 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 season 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 one hour and we offer flexible times, days and a "pay as you go" option to help accommodate those busy schedules.

Hockey Conditioning Program



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.

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.

Head Start Program (Pee Wee, Bantam, Midget and Junior)

- 3-5x/week customized supervised training sessions with HPC
- 1-1.5 hour training sessions

Pee Wee, Bantam Program

- 3-5x/week directional supervised training sessions with HPC
- 1-2+ hour training sessions
- Nutrition Counseling and Sport Psychology (available on request)

Midget/Junior Program

- 3-5x per/ supervised training sessions with HPC
- 1-2+ hour training sessions
- Nutrition Counseling and Sport Psychology (available on request)

Female Hockey and Ringette (Pee Wee, Bantam, Midget, College)

- 3-5x/week supervised training sessions with HPC
- 1-2+ hour training sessions
- Nutrition Counseling and Sport Psychology (available on request)

Pro Program (Professional and NHL Drafted)

- 5x/week high performance training supervised training sessions with HPC
- 1-2+ hour training sessions
- Nutrition Counseling and Sport Psychology (available on request)
- NHL Physical Testing protocol available on request

GOOD THINGS COME
TO THOSE WHO **SWEAT**



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.

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 POPAT 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:

- 2x/week 90 minute training sessions
- Qualified instructors will lead applicants through specific training sessions.
- Individuals are encouraged to attend at least one supervised training session per week.
- Monday and Wednesday sessions (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
- For more information and start date call 306-966-1006
- \$210 (GST included) includes HPC training T-Shirt

MAKE IT PERSONAL!

PERSONAL TRAINING:	
1 PERSON /SESSION	
3X-5X PER WEEK	\$35
2X PER WEEK	\$40
1X PER WEEK	\$50

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

fit centre

HPC
HUMAN PERFORMANCE CENTER
COLLEGE OF KINESIOLOGY

FOR MORE INFORMATION
VISIT [HTTP://RECSERVICES.USASK.CA/GETFIT/HUMAN-PERFORMANCE-CENTER](http://RECSERVICES.USASK.CA/GETFIT/HUMAN-PERFORMANCE-CENTER)

For more information or registration for any of the HPC programs contact,

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beactive.usask.ca
306-966-1001
www.recservices.usask.ca/get-fit/human-performance-center



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