



ANNOUNCING SPORTS PERFORMANCE ARTS – S.P.A.

A course designed for Jr. High, High School, College students and adults.

Teacher: Sunday Homitz, P.T. (Shown here at the Youth Futsal GREAT LAKES REGIONAL CHAMPIONSHIP, Goodyear Gym, Akron, OH).

Sample Elective Study Topics

- *Pilates-Based Exercise Training
- *Buteyko Breathwork
- *Anatomy and Kinesiology
- *Injury Prevention and Rehabilitation
- *Nutrition Guidelines
- *Kinesiotaping
- *Sports Performance
- *Movement Arts Performance

OBJECTIVES: Participants will gain knowledge of movement therapies; techniques and exercise related systems as applicable to their respective fields.

Taking Applications Now for Spring and Summer 2024.

“The SPA program provides immense insight to the mind-body connection. It allows coaches and athletes to understand the tool (the body), and elements of the body that they are performing with. I highly recommend this to help better understand how their body works, for preventative measures and to help perform at their peak performance.” Jonathan Wakeen, President of Cleveland Block Coaching. University School Class of 2007.

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