



Special Olympics BC Presents:

Functional Testing



Who: SOBC Athletes

When: June 4th, 2016

Where: Victoria, BC – Location to be announced

Cost: FREE!

About Functional Testing

These sessions are used to test an athlete's fitness level, and to motivate and guide his or her training. Functional testing is important as it provides feedback to coaches regarding the program's effectiveness and shows the personal progress of each athlete. Functional testing should have an emphasis on the proper form of exercises. This is a good time to identify and correct any improper technique and ensure that athletes are moving forward and reducing possible injury from improper form. Coaches should share progress with athletes to help them set goals and track their progress, increasing their motivation and confidence.

The testing protocol is easy to administer and requires minimal equipment. It is important that all coaches use the same methods for testing and recording. This will ensure reliability and maintain integrity throughout the province. Testing should take place every 3-4 months and take approximately an hour and a half (depending on format and number of volunteers). SOBC will host testing around the province with individuals specifically trained to administer the program to ensure accurate data.

Data will be compiled within two weeks of the testing date and sent to the MCD's, coaches and local coordinators through a Dropbox link. Coaches will need to forward this link to athletes that attended.

Schedule

We hope to have the gym booked from 8:00 am – 4:00pm. Each session will be 2 hours long. We can have up to 25 athletes at a time. Initially, three sessions will be available, and with interest, we will open more.

Session times will be: 9:00am-11:00am; 11:00am-1:00pm; 1:30pm-3:30pm, sessions will be added as interest is shown.

Athletes should come in athletic clothes and shoes and bring a water bottle.

Please email Morgan with your preferred timeslot, as well as location of the testing.

It will be first come first served.

Contact Information

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