



Jessica Sudock, Ph.D.

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Presentation:

The importance of a periodized strength and conditioning program for dancers

Brief Description:

In this talk, we will discuss the benefits of implementing a structured periodized strength and conditioning program in dancers. We will discuss current research and new data from our pilot study with collegiate dancers.

Bio

Dr. Jessica Sudock earned her BS in Exercise Science and Health Promotion from Central Connecticut State University, and M.S. and Ph.D in Exercise Physiology respectively from Springfield College. She is a former Division I athlete and is currently an Assistant Professor in the Department of Exercise Science at Shenandoah University. She is a member of the Office of Museum, History, and Archives of the American College of Sports Medicine (ACSM). She is also a Certified Exercise Physiologist through the ACSM.