

New Mexico State University

Health Talk (brown bag health topics)

Olympic Training: physiological demands & dedication

Monday, April 30, 2007, 10:30 -11:30 am
Classroom 201, Delamater Activity Center.

The BBHT Health Talk for April will be on Olympic training. On April 30 (Monday) from 10:30-11:30 a.m., Jackie Jeschelnic, 2004 United States Olympian in Track and Field will give a guest lecture in Classroom 201 of the Activity Center.

As a five time NCAA Division II National Champion (specialty: Hammer), Ms. Jeschelnic, is a invited guest lecturer for the Advance Exercise Physiology Class. She will present a lecture/discussion about her career and Olympic Training. The presentation will cover the physiological demands, personal experiences and the dedication necessary to be considered one of America's elite athletes. The presentation is open to anyone interested.

Jackie is currently an NMSU graduate student in mathematics and presently taking the Advanced Exercise Physiology Course in the Department of Physical Education Recreation and Dance offered by Dr. Joseph M. Berning.

This is a very rare occasion and everyone is welcome to come listen, learn and ask questions. We welcome all visitors and hope to see you there. Additional questions on the talk should be addressed to Joseph Berning.

Details on previous BBHT health talks, the series, past photos and handouts as well as campus maps and other Health topics, are available on the NMSU EH&S website at <http://safety.nmsu.edu/>

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