



Barry Parker, 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. Barry Parker earned his BFA in theatre from the University of Florida, and M.S. and Ph.D in Strength and Conditioning Exercise Physiology respectively from Springfield College. He has worked with athletes at the DI, DII, and DIII levels as well as performing artists. He is currently the Department Chair of Exercise Science, VA/DC State Director for the National Strength and Conditioning Association (NSCA), and creator and Chair of the newly formed Performing Arts Special Interest Group with the NSCA.