

COURSE: **CC006**

#### SPONSOR

Eugen Laczó

#### LECTURER

Eugen Laczó

#### LANGUAGE

EN RU SK

#### DURATION (TIME)

2 hours

#### PLACE

Conference room

#### DIFFICULTY



EduProSport  
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# Specialised educational program for ice hockey team members

## AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

To objectively evaluate bio energy intensity in training and game load. You will be able to diagnose the physiological and biochemical parameters for an objective assessment of the changes in organism. You will be able to interpret the obtained physiological and biochemical parameters for the development of special trainability in ice hockey. The acquired knowledge will help you optimize load and rest in order to increase the efficiency of regenerative processes in ice hockey players.

## COURSE OUTLINE

1. Content analysis of the structure of individual and team performance in ice hockey 2. Physiology of training load in ice hockey 3. Biochemistry of training load in ice hockey 4. Diagnostics of physiological and biochemical parameters in ice hockey

## WHO THE COURSE IS FOR

Ice Hockey club team

## LINK TO COURSE DETAIL

[www.eduprosport.com/en/course/CC006](http://www.eduprosport.com/en/course/CC006)