



# FIRSTBEAT SPORTS EDUCATION SEMINAR

LIBERTY UNIVERSITY, MARCH 7TH 2017, 1000-1230



**10:00-10:30 Veli-Pekka Kurunmaki**

Director of Firstbeat Sports

Introduction to Firstbeat Sports, Recovery aspects related to HRV, Q&A



**10:30-11:00 Alex Buchman**

Strength & Conditioning Coach Women's Soccer, University of South Carolina  
Practical application of training load throughout a full NCAA Season, Q&A



**11:00-11:30 Dr. Jo Morrison**

Associate Professor of Exercise Science for Longwood University  
Research application of HRV data (soccer, field hockey), Q&A



**11:30-11:45 Benjamin Jensen**

Key Account Manager, Firstbeat USA  
Future of Firstbeat technology, Q&A

For further information, please contact [benjamin.jensen@firstbeat.com](mailto:benjamin.jensen@firstbeat.com) or 1-800-962-1376