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Pharmacology and sport: An oral presentation on the importance of pharmacological knowledge within the sport and fitness community

Ciara Delgado and Greg Gasior

Charlotte Athletic Club- Duke Energy Center, USA

Many times within health and fitness, personal training, pharmacology is often overlooked or swept to the wayside. This presentation is to reinforce the importance of pharmacology in an ever expanding training community, how a trainer's knowledge of specific medications, how exercise morphs those medications within the body can make or break the client's experience and in depth coverage of proper programming and exercise prescription for 5-7 of the most popular medications prescribed to clients.

Biography

Ciara Delgado joined the Charlotte Athletic Club – Duke Energy Center staff as the Personal Training Director in 2014. She holds a dual Master's degree in sports studies and sports coaching from the United State Sports Academy (Daphne, AL). She has a Level I USATF and Level II USATF (Throws) coaching certifications. She held her American College of Exercise certified personal trainer certification since 2008. In 2015, she was one of 30 winners of Top 30 Under 30 by Elevate Lifestyle Magazine (Charlotte, NC) - this honor noted the top business professionals in the city under 30 years of age. Through her health and sports industry career, she has also become an accomplished author. She is the author and contributing editor for International *Journal of Sport and Society*. She is a 2010 graduate of University of North Carolina (Charlotte) with a Bachelor's in Exercise Science and a minor in Psychology. While working towards her degree, she competed for the 49ers cross country and track teams. Her honors included top 10 regional ranks for 800 m, top 15 regional ranks for 1500 m, LifeSkills Award Freshman winner, and NCAA Division.

cdelgado@charlotteathleticclub.com

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