



CONTINUING MEDICAL EDUCATION

OSU Center for Health Sciences

Strength and Conditioning ECHO - 2025

Communication with Performance Team

October 15, 2025 12:00 PM
Live Activity

Description

Learning Objectives

- 1 Analyze evidence-based practices in strength and conditioning to address gaps in current training approaches.
- 2 Apply educational tools and resources to improve the skills of Oklahoma performance coaches and athletic trainers in implementing effective training methods
- 3 Implement evidence-based prevention programs that decrease the frequency and severity of sports-related injuries in Oklahoma.

Accreditation & Credit Designation

American Osteopathic Association

The Oklahoma State University College of Osteopathic Medicine is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

The Oklahoma State University College of Osteopathic Medicine designates this program for a maximum of (1.0) AOA Category 1-A credit(s), and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Accreditation Council for Continuing Medical Education

The Oklahoma State University Center for Health Sciences College of Osteopathic Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Oklahoma State University Center for Health Sciences College of Osteopathic Medicine designates this activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Oklahoma State Board of Licensed Social Workers

The Oklahoma State University Center for Health Sciences Office of Continuing Medical Education is a board approved CE provider and designates this program for a maximum of 1.00 credit(s). Our provider number begins with the year the activity was held followed by 1999, for example: 20241999.

Oklahoma State Board of Examiners of Psychologists

The Oklahoma State University Center for Health Sciences Office of Continuing Medical Education is a board approved CE provider and designates this program for a maximum of 1.00 CE credit(s).

Faculty & Planners

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Megan Claybrook, BA	Activity Coordinator	Nothing to disclose - 01/07/2025
James J Dawes, PhD	Course Director	Nothing to disclose - 12/19/2024
Lance Walker, MS, Licensed Physical Therapist (PT), Certified Strength & Conditioning Specialist (CSCS)	Other Planning Committee Member	Nothing to disclose - 12/19/2024
Rhonda Ferguson, AAS	Activity Coordinator	Nothing to disclose - 06/30/2025
Rob Glass, MS	Other Planning Committee Member	Nothing to disclose - 01/06/2025
Nick Hoheisel, MS	Faculty, Other Planning Committee Member	Nothing to disclose - 12/19/2024
Mallory Fowlkes	Other Planning Committee Member	Nothing to disclose - 12/16/2024
Jerryd P Nelson, BS, CSCS, USAW	Other Planning Committee Member	Nothing to disclose - 12/19/2024
Grace White, RD	Other Planning Committee Member	Nothing to disclose - 01/07/2025
Nick Goldstein, ATC	Other Planning Committee Member	Nothing to disclose - 03/31/2025

Commercial Support

This activity has been developed without commercial support.