

MARK KOVACS, PH.D.

FACSM, CTPS, MTPS, FITPA, CSCS*D, ACSM HFS, USPTA, USATF LEVEL II

MEDIA CONSULTING AREAS OF EXPERTISE

- ❖ Coaching Education
- ❖ Talent Identification and Development
- ❖ Fitness Myths
- ❖ Increasing Energy
- ❖ Weight Loss
- ❖ Sports Performance
- ❖ Warm-Up and Cool Downs
- ❖ Sports Nutrition
- ❖ Lifestyle Nutrition
- ❖ Senior Women Wellness
- ❖ Dealing with Stress
- ❖ Coping Strategies
- ❖ Long and Short Planning for
- ❖ Reducing Sport Injuries
- ❖ Productivity
- ❖ Women's Fitness
- ❖ Men's Fitness
- ❖ Youth Fitness
- ❖ Athletic Development
- ❖ Golf Fitness
- ❖ Tennis Fitness
- ❖ Executive Performance
- ❖ Long Term Athlete Development
- ❖ Sport Specific Growth and Development
- ❖ Overtraining and Recovery
- ❖ Integrating Medicine, Fitness and Wellness

*Please send Mark an email with your topic and deadline:
markkovacsphd@gmail.com*