Professional Portfolio with Access to Files

# 1. Training for Sport

This project discusses the concepts of periodization, overtraining, tapering, and detraining in athletic training.

Attachment: [Training for Sport - PDF](sandbox:/mnt/data/15.%20KA%20CH%2016%20Training%20for%20sport%20copy.pdf)

# 2. Nutrition for Sport

Focuses on the nutritional strategies needed to optimize athletic performance, including the balance of macronutrients and hydration.

Attachment: [Nutrition for Sport - PDF](sandbox:/mnt/data/17.%20KA%20CH%2017b%20Nutrition%20for%20sport%20copy.pdf)

# 3. 2024 Preseason Updates (PITT WBB)

Strength and conditioning program updates for the Pitt Women's Basketball team during their preseason training.

Attachment: [Pitt WBB Preseason Update - PowerPoint](sandbox:/mnt/data/2024%20Preseason%20Updates%20%28PITT%20WBB%29.pptx)

# 4. Leptin and Metabolic Changes in Offspring

Research on the effects of maternal undernutrition on offspring’s leptin regulation and metabolic changes.

Attachment: [Leptin and Metabolic Changes - PowerPoint](sandbox:/mnt/data/CarrollKya2023.pptx)

# 5. Women’s Hoops In-Season Program (UNLV)

A comprehensive strength and conditioning plan for the UNLV Women's Basketball team during their in-season phase.

Attachment: [UNLV Women’s Hoops In-Season Program - Excel File](sandbox:/mnt/data/Women's%20Hoops%20In%20season%20Program%20%28UNLV%29%20.xlsx)