



O2X HUMAN PERFORMANCE

ST. JOHNS COUNTY AT&T WORKSHOP
June 21 - 23, 2022





WHAT IS O2X? OPTIMIZE TO THE X

Must Knows & Workshop Details

With decades of combined service to our country as members of the Special Operations community, O2X began with a shared desire to continue to serve others. The company name, O2X, is a direct reflection of its mission: “Optimize to the X.” In the military, the X always represented our target. And our target was not always the same, nor was it always simple or straightforward. We continuously sought a competitive edge over our enemy and consistently looked for the most optimal way to hit our target.



For tactical athletes and other high performing individuals or organizations, the X may change as well. Whether their target is to reduce cardiac disease, cancer rates, suicides, orthopedic injuries, post traumatic stress or simply strengthen culture or performance, O2X helps individuals and organizations implement the most optimal and effective strategy. We see great value in being able to adjust and tailor the delivery of our curriculum to create customized performance solutions for each of our clients.

The O2X team is comprised of U.S. Special Operations veterans, Olympic, professional, and Division I collegiate athletes, and a continually growing network of human performance specialists who are subject matter experts and leaders in their respective fields.

At our core, we understand that striving for excellence takes work and that maximizing human performance is about making consistent improvements daily. There is no quick fix. We know that following a science-backed, comprehensive human performance program works, and we stand by it. What's your X?



WELCOME TO THE WORKSHOP

Must Knows & Workshop Details

Welcome to the O2X HP Program. Throughout this 3-day course you will participate in both classroom and practical sessions covering the 5 pillars of human performance. Our team of world class experts will deliver presentations covering physical conditioning, nutrition, sleep science, resilience, and mental performance. By registering for this program, you are acknowledging that you have been cleared to do so by your department and are physically able of participating in all activities, including moderate conditioning and hands-on education sessions.



ConEd and Certification Information:

- 30 credits of ConEd EMT through CAPCE (10 Basic, 10 Advanced, 10 MGT)
- 3.10 ACE credits Course Number: CEP151911
- Eligible for two college credits toward a RWU bachelor's degree, associate's degree or School of Continuing Studies certificate upon completion of course
- NFPA 1583 Compliant

TIME:

- Arrival Time: 0745
- Morning Session: 0800 - 1200 • Lunch Break: 1200 - 1300 • Afternoon Session: 1300 - 1600
- Participants will take part in readiness assessment screenings on-site during the workshop

ATTIRE: All days will involve some form of exercise, so PT clothing and footwear are recommended. Please also bring a change of clothing or something to keep warm in the classroom. There may be occasions where we are outside (weather permitting). Please bring a small towel for wiping sweat and for comfort under knees/head.

CLASSROOM: Pens/Highlighters/Workbooks will be provided. For additional note taking, you may wish to bring your own notebook or device.

FOOD: You will have time to venture off-site for your lunch. Food may be limited around the workshop site, so please make sure to pack a lunch or order in advance. Bringing healthy snacks to have throughout the day is also recommended.

COFFEE: Coffee will be provided on-site.

WATER: Water is available on-site and we encourage participants to drink plenty during the class, so please bring a water bottle.

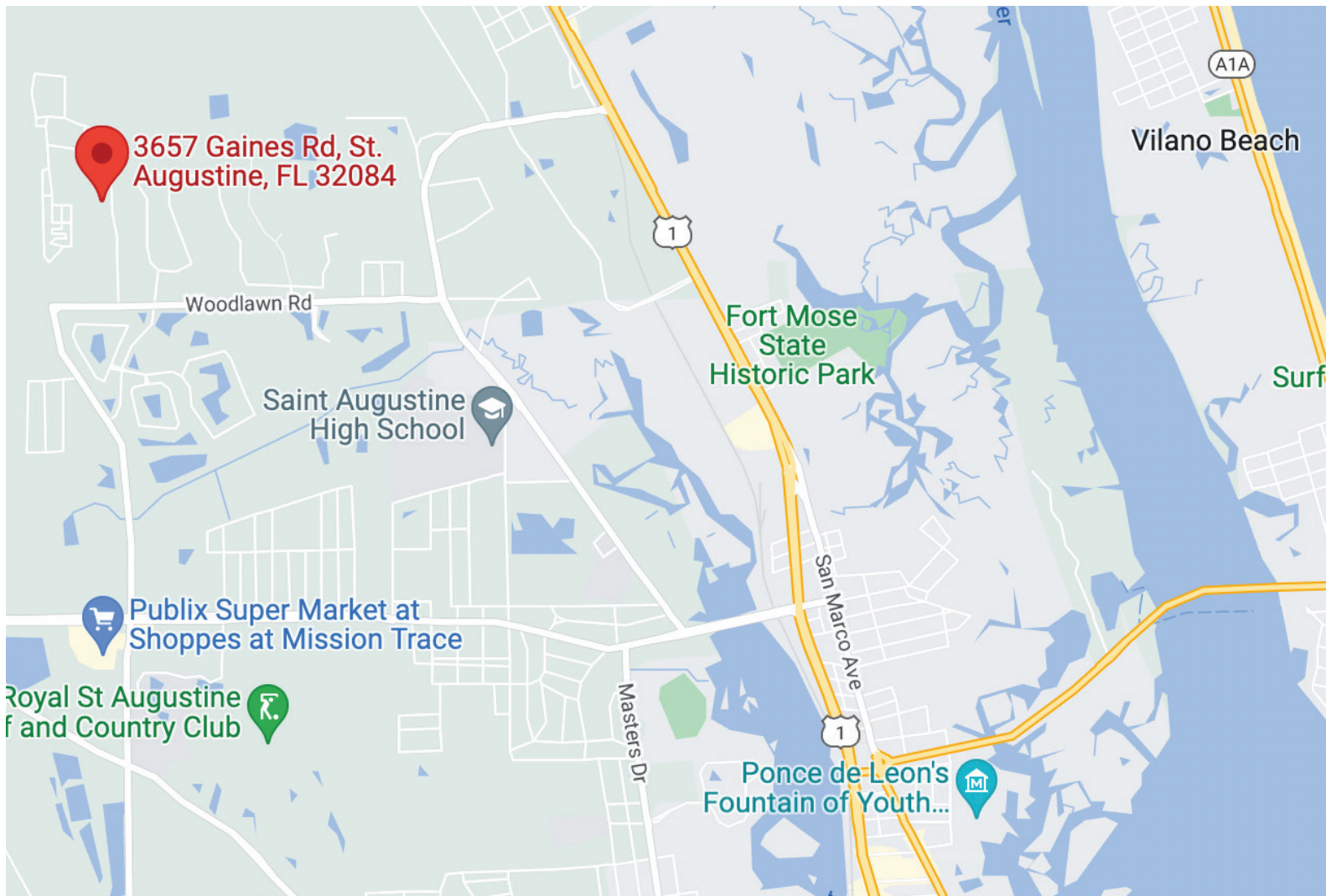




LOCATION INFORMATION

Must Knows & Workshop Details

Workshop Location:
3657 Gaines Road
St. Augustine, FL 32084





WHAT TO EXPECT WHEN YOU ARRIVE

Must Knows & Workshop Details

Please arrive by: **0745**

Upon arrival: **Please park and head inside. O2X personnel will direct you to sign in and find a seat, please keep your phone on you.**

In the classroom you'll find materials you need for the workshop including workbooks, pens & highlighters, and any additional materials you'll need that are provided by O2X.

We look forward to working with you.

1% BETTER EVERY DAY



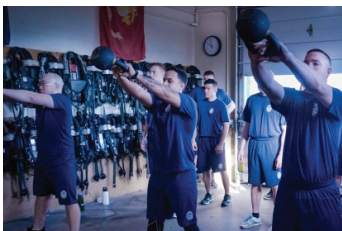
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BREAKDOWN OF CURRICULUM

Must Knows & Workshop Details

<p>O2X Team Member <i>Introduction to Human Performance</i></p> <p>Taught by O2X Specialists PT, DPT, AT <i>Science of Injury Prevention</i></p> <p>O2X Team Member DPT, AT, CSCS <i>O2X Readiness Assessment</i></p> <p>Taught by O2X Specialists Ph.D., M.Ed. <i>Stress Management & Mental Readiness</i></p>	<p>INTRODUCTION TO THE O2X PHILOSOPHY & HUMAN PERFORMANCE ASSESSMENT</p> <p>O2X SWEAT: PREHABILITATION, INJURY PREVENTION, & RECOVERY FOR CAREER LONGEVITY</p> <p>O2X READINESS ASSESSMENT: IDENTIFY AREAS OF RISK IN TACTICAL ATHLETES IN PHYSICAL AND MENTAL HEALTH AND SET A BASELINE</p> <p>O2X THRIVE: OPTIMIZING MENTAL PERFORMANCE UNDER PRESSURE</p>
<p>Taught by O2X Specialists Ph.D., M.Ed. <i>Resilience & Stress Management</i></p> <p>Taught by O2X Specialists Yoga, Meditation <i>Yoga & Meditation for Tactical Athletes</i></p> <p>Taught by O2X Specialists CSCS, DPT, AT <i>Science of Strength and Conditioning</i></p>	<p>O2X THRIVE: STRESS FACTORS, BEHAVIORAL HEALTH, & BUILDING RESILIENCE IN HIGH RISK JOBS</p> <p>O2X THRIVE: BREATHING, YOGA, & iREST FOR TACTICAL ATHLETE PERFORMANCE</p> <p>O2X SWEAT: CONDITIONING FOR PERFORMANCE, FOUNDATIONS OF MOVEMENT & LIFTING, PROGRAMMING IN PRACTICE</p>
<p>Taught by O2X Specialists Ph.D., MSc, Nutritionists <i>Science of Performance Nutrition</i></p> <p>Taught by O2X Specialists Ph.D., M.Ed. <i>Sleep Science & Practical Application</i></p>	<p>O2X EAT: NUTRITION FOR PERFORMANCE, MEAL PLANNING, AND DAILY IMPLEMENTATION OF HEALTHY HABITS FOR TEAMS & INDIVIDUALS</p> <p>O2X THRIVE: IMPACT OF SLEEP ON PERFORMANCE & HOW TO CREATE HEALTHY SLEEP HABITS</p>





CLAIMING CONTINUING EDUCATION CREDITS

Approved Provider Details

O2X has taken the steps to become an approved provider of continuing education credits through a variety of organizations. Below is the information you need to apply for your credits.

Commission on Accreditation for Pre-Hospital Continuing Education (CAPCE):

Upon completion of the O2X sponsored event the attendee will have received an O2X graduation certificate. This certificate will include a "CAPCE Course Number" good for a specific amount of credits depending on the O2X event and should be kept by the attendee in case of an audit. This number can either be brought to the attendees Point of Contact for Continuing Education or manually entered into the NREMT or EMT State of Licensure website in the "recertification by continuing education" section. These credits fall under the "Health and Wellness" category and can be used for the "Individual Component" hours and in some cases the "Local/State Component."

Roger Williams University:

Roger Williams University awards 2 college credits towards a Roger Williams University, School of Continuing Studies certificate, associates, or bachelor degree to any student who successfully completes the '4-Day O2X Human Performance Workshop.'

To transfer credits or enroll, please contact:

Gina Bianco - gbianco@rwu.edu

*Admissions & Community Engagement Roger Williams University | School of Continuing Studies
1 Empire Plaza Providence, RI 02903*

401.254.5218 | adawson@rwu.edu

American Council on Exercise (ACE):

O2X is a continuing education provider through the American Council on Exercise (ACE). Completion of O2X's '4-Day O2X Human Performance Workshop' results in 3.1 credits towards an ACE recertification. If a workshop attendee wishes to claim credits towards his/or her recertification, follow this process:

- Obtain an "ACE Certificate of Completion" at the end of the '4-Day O2X Human Performance Workshop'
- Login to <https://www.acefitness.org/>
- Click the 'Manage My CECs' tab
- Enter in the "ACE Approved Course Number"
- Enter in the Date of Completion
- Apply information

National Strength and Conditioning Association (NSCA):

O2X is a continuing education provider through the National Strength and Conditioning Association (NSCA). Completion of O2X's '5-Day O2X Human Performance Workshop', '4-Day O2X Human Performance Workshop', or '3-Day O2X Human Performance Workshop' results in 2 Category A credits. Completion of a '2-Day O2X Human Performance Workshop' results in 1.3 Category A credits. Upon completion of your O2X course, you will receive a certificate to keep as a record for your CEU file. This certificate will include the approved activity code for the workshop that you attended. Neither O2X or the NSCA Certification Department will automatically record your participation and credits, it is your responsibility to track and submit your CEUs.

Participants can apply for additional CEUs through other organizations. Contact us with questions.

