



PRESS RELEASE

William L. Brooks
Communications Coordinator

E: William.Brooks2@LIFE.edu 1269 Barclay Circle
P: (678) 331-4342 Marietta, GA 30060
F: (770) 218-2850 www.LIFE.edu

LIFE UNIVERSITY'S DR. MARK KOVACS RELEASES NEW BOOK ON THE LATEST METHODS TO TRAIN FOR TENNIS FITNESS

Marietta, Georgia, October 11, 2016 – Dr. Mark Kovacs, the Director of the LIFE Sport Science Institute (LSSI) and Associate Professor in the Department of Sport Health Science at Life University (LIFE), is the lead author of a new book titled *Complete Conditioning for Tennis (2nd Edition)*, published by Human Kinetics. The new text is a comprehensive tennis training and conditioning resource written by former NCAA champion and sport scientist Dr. Mark Kovacs along with Drs. Paul Roetert (CEO of SHAPE America) and Todd Ellenbecker (VP of Medical Services for the ATP World Tour). These three experts created the only strength & conditioning resource endorsed by the United States Tennis Association (USTA). This gives direct access to the same conditioning routines used by today's top professional players. The book includes more than 200 drills and exercises with 56 video demonstrations.

“As the modern game of tennis has evolved, physical training also has advanced to improve players’ performance on and off the court. This resource incorporates both on-court and off-court training concepts based in the sport sciences to help players, coaches, trainers’ parents and therapists improve performance and reduce the likelihood of injury,” commented Dr. Kovacs.

The book covers topics from the testing and assessment of tennis specific skills to the training of movement, strength, power, flexibility and tennis specific endurance. Specific chapters also focus on nutrition for the tennis athlete, recovery and injury prevention. Much of the information covered in this book is also covered in different ways in many of the classes that are taught at Life University and through our research and education efforts through the LIFE Sport Science Institute (LSSI.LIFE.edu).

Some of the game’s biggest names have high praise for the content of the book and the authors, most notably Billie Jean King (Former World Number 1, Winner of the Battle of Sexes, Humanitarian and Visionary Leader along with being the First Female Athlete to Receive Presidential Medal of Freedom). “Tennis is such a beautiful sport and such a physical sport at the same time. Drs. Kovacs, Roetert and Ellenbecker understand the science, performance and injury prevention aspects of making you the best tennis you can become. *Complete Conditioning for Tennis* has the answers you have been looking for to take your game to the next level,” remarked King.

For anyone interested in more information on the Sport Health Science Department



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and the degrees offered at Life University, visit LIFE.edu/Academics or call 800.543.3202. To learn more about the LIFE Sport Science Institute and the various research and educational offerings visit LSS.LIFE.edu.

About Life University

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest single campus chiropractic program in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award baccalaureate, master's and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Commission on Accreditation of Athletic Training Education (CAATE). The mission of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.

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