



Kelsi Lambright

Thesis Defense
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MS, Sport and Human
Performance

**The Effects of Resistance Training and Interval
Training on Soccer-Specific Fitness and Skills**

This research aimed to answer the question: Do resistance training and high-intensity interval training modes have differences in improved soccer-specific fitness and skills? An 8-week training program took place with female high school soccer athletes to determine which training mode yielded the best results.

Event Information

March 27, 2023

2:00 pm

LDB 106 - Zoom

Committee Members

Dr. Mario Munoz

Dr. Patrick Davis

Dr. Yvette Figueroa

Dr. Erica Pasquini



Sam Houston State University

PUBLIC DEFENSE ANNOUNCEMENT