



Health and Fitness in the 21st Century: The Psychology of Human Performance

Friday, April 17, 2026,
09:00 a.m. to 12:30 p.m.

We are excited to announce the Second Annual Conference hosted by the Department of Health and Fitness Studies at Regis College

Join us for a morning dedicated to exploring how psychological factors shape human performance across sport, exercise, recreation, and other physical activities.

This event will feature:

- **Keynote presentations** from leading researchers in the field
- **A research presentation session** highlighting work from across and beyond the college
- Opportunities for **learning, collaboration, and scholarly exchange**

 **Date:** April 17

 **Format:** In-person at Regis College *and* live online streaming

More event details will be announced soon.



FOR MORE INFORMATION

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