

April 27, 2019

## EM135: Strength and Power with Anthony Turner



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CSCS\*D

This 2 days course reviews the basis underpinning strength and power development. Furthermore a careful technical analysis covering inter-limb asymmetries and stretch-shortening cycle mechanics and implications for performance will be thoroughly illustrated.

It will take the participant through all the challenges and difficulties in exercise prescription within an evidence based framework. This will allow an expansion of the rehabilitation skills to ensure the most efficient **return to maximal performance**.



**28 Seats**



**€330.00**



**16 Hours**



**20 ECM**

#### INTENDED FOR

Doctors,  
Physiotherapists, Degree  
in Scienze Motorie (ita),

#### PAYMENTS

Deposit €165.00 + VAT  
22% (€201.30) within 7  
days from the  
registration

Balance €165.00 + VAT  
22% (€201.30) by date  
April 20, 2019

**Total: €330.00 + VAT**  
22% (**€402.60**)

#### CALENDAR

27 - 28 April 2019

#### LANGUAGE

English with italian  
simultaneous translation

#### Pay attention!

The new course "Strenght And Power with Anthony Turner" replaces the previous "Strenght And Conditioning": there are no program differences between the two courses.

## SCHEDULE

#### COURSE PROGRAM:

#### *Day one*

09.00 - 11.00	Lecture 1	Strength and power training
11.00 - 12.00	Practical 1	Movement screening and CEX

12.00 - 13.00 Lunch

13.00 - 15.00 Practical 2 Strength training (technical analysis and coaching)

15.00 - 18.00 Lecture 2 Movement analysis and asymmetries

### ***Day two***

09.00 - 11.00 Lecture 3 Stretch-shortening cycle mechanics and implications for performance

11.00 - 13.00 Practical 3 Assessment of asymmetries

13.00 - 13.30 Lunch

13.30 - 15.30 Practical 4 Plyometrics: developing muscle-tendon stiffness

15.30 - 18.30 Lecture 4 Periodisation

18.30 Conclusions Questions and ECM Test