

December 7, 2019

EM151: Aerobic Capacity - Acceleration, Speed, Agility and Plyometrics



ANTHONY N. TURNER

PhD, MSc, PGCE, ASCC,
CSCS*D

The course will deal with the theory, evaluation and programming of effective interventions for the development of **acceleration, agility and speed**.

On the first day the different components that determine an optimal performance of the same will be analyzed, as well as a sequential progression for their improvement.

The second day will focus instead on the development of **aerobic capacity**. Key components such as the **Repeated Sprint Ability (RSA), Maximal Aerobic Speed (MAS)** will be analyzed and deepened and how to implement these skills will be explained with demonstrations and **large practical sessions**.

The planning of interventions, including the **High Intensity Interval Training (HIIT)**, will consequently be implemented in a comprehensive program in accordance with the evaluation carried out by the professional.


28 Seats

€330.00

16 Hours

18,5 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
November 30, 2019

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

CALENDAR

07 - 08 December 2019

LANGUAGE

English with italian
consecutive translation

SCHEDULE

December 07th - Day 1

Acceleration, speed, agility and plyometrics (ASAP)

1. How to design an effective warm-up (lecture)
2. Acceleration mechanics (practical)
3. Agility mechanics (practical)
4. Acceleration, speed, agility and plyometrics (ASAP): theory in to practice (lecture)

December 08th - Day 2

Aerobic capacity and repeated sprint ability (RSA)

1. Aerobic capacity (lecture)

2. Repeat Sprint Ability (lecture)
3. Maximal aerobic speed (MAS) and High intensity interval training (HIIT) training (practical)
4. Programming for conditioning (lecture)