

December 7, 2019

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



ANTHONY N. TURNER

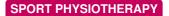
PhD, MSc, PGCE, ASCC, CSCS*D

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.





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28 Seats	€330.00	16 Hours	18,5 ECM
INTENDED FOR	PAYMENTS	CALENDAR	LANGUAGE
Doctors, Physiotherapists, Degree in Scienze Motorie (ita),	•	07 - 08 December 2019	English with italian consecutive translation
	Balance €165.00 + VAT 22% (€201.30) by date November 30, 2019		
	Total: €330.00 + VAT 22% (€402.60)		

SCHEDULE

December 07th - Day 1

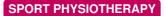
Acceleration, speed, agility and plyometrics (ASAP)

- 1. How to design an effective warm-up (lecture)
- 2. Acceleration mechanics (practical)
- 3. Agility mechanics (practical)
- 4. Acceleration, speed, agility and plyometics (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)