

April 25, 2020

EM152: ROMA - Strength and Power with Anthony Turner



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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, 2020

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

CALENDAR

(25 - 26 April 2020)
CANCELED

LANGUAGE

English with italian
consecutive translation

Pay attention!

COURSE CANCELED

SCHEDULE

COURSE PROGRAM:

Day one

| | | |
|---------------|-------------|-----------------------------|
| 09.00 - 11.00 | Lecture 1 | Strength and power training |
| 11.00 - 1200 | 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