

April 25, 2020

EM152: ROMA - Strength and Power with Anthony Turner

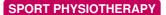


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This 2 days course reviews the basis underpinning strength and power development. Furthermore a careful technical analysis covering inter-limb asymmetries and stretch-shortening cycle mechanics and implications for performance will be thoroughly illustrated.

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 **16** Hours €330.00 **20** ECM INTENDED FOR **PAYMENTS** CALENDAR LANGUAGE Deposit €165.00 + VAT English with italian Doctors, (25 - 26 April 2020) Physiotherapists, Degree 22% (€201.30) within 7 CANCELED consecutive translation in Scienze Motorie (ita), days from the registration Balance €165.00 + VAT 22% (€201.30) by date April 20, 2020 Total: €330.00 + VAT 22% **(€402.60)** Pay attention! **COURSE CANCELED**

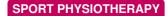
SCHEDULE

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