

September 26, 2020

EM153: PORDENONE - 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
September 21, 2020

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

CALENDAR

26-27 September 2020

LANGUAGE

English with italian
consecutive translation

Pay attention!

The course is organized in PORDENONE with MOVE - PHYSIOTHERAPY

Location: CROSSFIT PORDENONE Via Galileo Ferraris, 5 - 33170 Pordenone (PN)

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