

# October 16, 2021

# EM154: FIRENZE - 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**.



**€ ⊕ ★ 34** Seats **€402.60 16** Hours **20,6** ECM

INTENDED FOR PAYMENTS CALENDAR LANGUAGE

Doctors, Physiotherapists, Degree in Motor Science (ita),

Deposit €201.30 within 7 days from the registration

16-17 October 2021

English with italian consecutive translation

Balance €201.30 by date September 10, 2021

Total: €402.60

## Pay attention!

**Course organized in FLORENCE in cooperation with HealtHub www.healthub.it at:** 

ASICS FIRENZE MARATHON STADIUM L. RODOLFI - V.le Manfredo Fanti n.2 - 50137 - FIRENZE

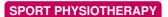
# **SCHEDULE**

#### **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