

February 8, 2020

EM155: BRESCIA - Strength and Power with Anthony Turner

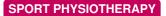


ANTHONY N. TURNER

PhD, MSc, PGCE, ASCC, CSCS*D

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**.





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32 Seats	€330.00	16 Hours	20 ECM
INTENDED FOR	PAYMENTS	CALENDAR	LANGUAGE
Doctors, Physiotherapists, Degree in Scienze Motorie (ita),	Deposit €165.00 + VAT 22% (€201.30) within 7 days from the registration	08-09 February 2020	English with italian consecutive translation
	Balance €165.00 + VAT 22% (€201.30) by date January 31, 2020		
	Total: €330.00 + VAT 22% (€402.60)		

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