

February 8, 2020

EM155: BRESCIA - 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**.



32 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
January 31, 2020

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

CALENDAR

08-09 February 2020

LANGUAGE

English with italian
consecutive translation

SCHEDULE

COURSE PROGRAM:

Day one

09.00 - 11.00	Lecture 1	Strength and power training
11.00 - 12.00	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