

March 12, 2022

EM169: Aerobic Capacity - Acceleration, Speed, Agility and Plyometrics



ANTHONY N. TURNER

PhD, MSc, PGCE, ASCC, CSCS*D

The course will deal with the theory, evaluation and programming of effective interventions for the development of **acceleration**, **agility and speed**.

On the first day the different components that determine an optimal performance of the same will be analyzed, as well as a sequential progression for their improvement.

The second day will focus instead on the development of **aerobic capacity**. Key components such as the **Repeated Sprint Ability (RSA)**, **Maximal Aerobic Speed (MAS)** will be analyzed and deepened and how to implement these skills will be explained with demonstrations and large practical sessions.

The planning of interventions, including the **High Intensity Interval Training (HIIT)**, will consequently be implemented in a comprehensive program in accordance with the evaluation carried out by the professional.





28 Seats €402.60 **16** Hours **18,7** ECM INTENDED FOR **PAYMENTS** CALENDAR LANGUAGE 12-13 MARCH 2022 Doctors, Deposit €201.30 within 7 English with italian Physiotherapists, Degree days from the consecutive translation in Scienze Motorie (ita), registration Balance €201.30 by date March 4, 2022 Total: €402.60 **COURSE LOCATION: BRESCIA @ Edumed . Formazione ECM**

SCHEDULE

<u>Day 1</u>

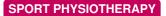
Acceleration, speed, agility and plyometrics (ASAP)

- 1. How to design an effective warm-up (lecture)
- 2. Acceleration mechanics (practical)
- 3. Agility mechanics (practical)
- 4. Acceleration, speed, agility and plyometics (ASAP): theory in to practice (lecture)

Day 2

Aerobic capacity and repeated sprint ability (RSA)

1. Aerobic capacity (lecture)





- 2. Repeat Sprint Ability (lecture)
- 3. Maximal aerobic speed (MAS) and High intensity interval training (HIIT) training (practical)
- 4. Programming for conditioning (lecture)