

October 9, 2021

## EM203: PORDENONE - Strength and Power with Anthony Turner



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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**.



**28 Seats**



**€402.60**



**16 Hours**



**20 ECM**

**INTENDED FOR**

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

**PAYMENTS**

Deposit €201.30 within 7  
days from the  
registration

Balance €201.30 by date  
October 4, 2021

**Total: €402.60**

**CALENDAR**

9 - 10 October 2021

**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