

December 4, 2021

EM208: BERGAMO - 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**.



20 Seats



€407.00



16 Hours



24,4 ECM

INTENDED FOR

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

PAYMENTS

Deposit €203.50 within 7
days from the
registration

CALENDAR

04-05 December 2021

LANGUAGE

English with italian
consecutive translation

Balance €203.50 by date
November 5, 2021

Total: €407.00
Pay attention!
The course is organized at:
Re-Act - Via Madonna della Neve,24 (BG)

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