

October 15, 2022

EM241: FIRENZE - 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**.


30 Seats

€407.00

16 Hours

18,7 ECM
INTENDED FOR

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

PAYMENTS

Deposit €203.50 within 7
days from the
registration

Balance €203.50 by date
September 9, 2022

Total: €407.00

CALENDAR

15-16 October 2022

LANGUAGE

English with italian
consecutive translation

Pay attention!

The course is organized at:

ASICS FIRENZE MARATHON STADIUM L. RODOLFI - V.le Manfredo Fanti n.2 - 50137 - FIRENZE

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