

September 8, 2023

## EM297: Strength & Conditioning: principles applied to the clinic



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The principles of Strength and Conditioning training represent a fundamental element in the field of rehabilitation and performance development.

To date, in fact, the return to play and the return to full performance are goals that can only be achieved by possessing the knowledge inherent in the principles of training. In sports, but not only, the management of the injury (e.g., tendinopathies, muscle injuries, ACL) requires a detailed prescription and periodization of strength and conditioning work to allow the athlete to return to play. Once this has been achieved, the return to full performance requires a further step, with a greater focus on the development of the subject's physical abilities.

The objective of this course is to introduce the concepts of Strength and Conditioning, focusing on the assessment of strength, power and aerobic capacity. Subsequently, we will talk about selecting exercises in resistance training and managing volume and intensity to allow the athlete to return to play. In the aerobic field, the factors underlying the increase in cardiovascular capacity and, finally, the development of power, acceleration, max speed and change of direction will be analysed.

We will discuss the main types of periodization and which are the most effective techniques to achieve full performance after injury. This will allow to have a complete picture in the rehabilitation field to better manage the return to play and full performance.



29 Seats



€150.00



8 Hours



9,5 ECM

## INTENDED FOR

Doctors, Physiotherapists Balance €150.00 within 7 days from the registration

## PAYMENTS

**Total: €150.00**

## CALENDAR

08 September 2023

## LANGUAGE

Italian

**"EM297: Strength & Conditioning: principi applicati alla clinica" + "EM 295: Exercise Oncology" : € 460,00 rather than € 540,00 (€ 80,00 OFF!)**

**Course Location:** BRESCIA @ Edumed

## SCHEDULE

### DAY 1

08.30-09.00 Registrazione partecipanti

09.00-10.00: Lecture 1

- Principi di Strength and Conditioning negli sportivi
- Valutazione di Forza, Potenza, RFD, capacita' cardiovascolare

10.00-10.15: Break

10.15-12.00: Practical 1

- Strength, Power and Aerobic Training
- Lo sviluppo delle capacità fisiche

12.00-13.00: Lunch

13.00-15.00: Practical 2

- Sprint and Change of Direction
- Lo sviluppo di COD, accelerazione e max speed

15.00-16.00: Lecture 2

- Inter-limb Asymmetries and Return to Sport
- Return to Sport criteria

16.00-16.15: Break

16.15-17.00: Lecture 3

- Full Performance and periodization
- Ritorno alla piena performance

17.00-18.00 Practical 3

- High Performance Training

18.00-18.30: Test ECM