

June 15, 2024

EM329: Strength & Conditioning con Anthony Turner PART 2- Interval training, change of direction and aerobic capacity



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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.



30 Seats



€440.00



16 Hours



20,6 ECM

INTENDED FOR

Doctors,
Physiotherapists, Degree
in Scienze Motorie (ita),

PAYMENTS

Deposit €220.00 within 7
days from the
registration

CALENDAR

15-16 June 2024

LANGUAGE

English with italian
consecutive translation

Balance €220.00 by date
May 27, 2024

Total: €440.00

ISCRIZIONE EM 328 "PARTE 1" + EM 329 "PARTE 2": 410 € + 410 € = 820 €

Per gli Iscritti all'ordine di Brescia Mantova e di Bergamo:

iscrizione EM329 "PARTE 2" 410€ anzichè ~~440,00€~~

ISCRIZIONE EM 328 "PARTE 1" + EM 329 "PARTE 2": 395 + 395 € = 790 €

Pay attention!

COURSE LOCATION: BRESCIA @ Edumed . Formazione ECM

SCHEDULE

Day 1

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 plyometrics (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)