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EARN YOUR CREDITS! – Prepare for RPL-assessment –

Upgrade your current qualifications

THERAPEUTIC EXERCISE FOR TRAINERS

Techniques for Intervention

Presented by: JANNIE CLAASSEN

The International College of Kinesis presents the First “How To” therapeutic exercise guide specifically for Trainers. This two day training course will give you knowledge and skills to effectively implement client treatment plans, using therapeutic exercise techniques.

Detailed descriptions are provided for the gamut of therapeutic exercise; including:

- Foundations of Therapeutic Exercise
- Mobility: ROM; Stretching Activities for Increasing Muscle Flexibility
- Strength and Power: Principles, OCR and CKC, PNF, Plyometrics
- Balance Training and Reactive Neuromuscular Training
- Functional Progression for the Spine and for the Extremities

DETAILS: Saturday 6 of November 09:00 – 16:00, Sunday 7 of November 08:00 – 14:00

VENUE: Movement Therapy Centre, 6 Pongola Avenue, Sandown Estate , SANDTON

STUDENT RECEIVES:

- ✓ Attendance Certificate
- ✓ Digital Manual (Please note: this will be posted to student before the start of the course) so please book early
- ✓ Training DVD

COSTS: R999 – if you register before 22 October 2010

or R1199 – if you register after 22 October 2010

LAST DAY FOR REGISTRATION: 29 October 2010

Application forms on page 5 or available online at www.collegeofkinesis.com, click on short courses and workshops or request an application by email me at, info@collegofkinesis.com.