



CHEK Seminars: Scientific Back Training

Do you work with anyone who has suffered from or is currently experiencing back pain? Do your clients have postural problems? If you answered "yes" to either of these questions you (and your clients) will benefit from this course!

This information-packed course is intended for serious strength and conditioning coaches, rehabilitation specialists and personal trainers.

From the contents

- * Understand the functional anatomy of the torso and extremities as they relate to improved spinal health
- * Learn proper exercise technique, exercise selection, order of application and exercise modifications for orthopedic concerns
- * Learn useful assessment techniques for effective program development
- * Learn how to perform a range of motion assessment on the lower extremities and how joint restriction effects squat technique
- * Become familiar with the defining characteristics of motor learning and how they affect exercise effectiveness
- * Review and analyze the biomechanical intricacies of trunk stabilization and the importance of strong back stabilization

FACTS

Instructor: Paul Chek

Date: 4–5/4 2009

Place: Eleiko Sport Center, Halmstad, Sweden

Price: 3.800 SEK excl. VAT (approx. 345 EURO)

REGISTRATION

Please contact Eleiko Sport by e-mail or phone:

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Scientific Back Training is one of the prerequisite courses/ seminars for CHEK Exercise Coach Certification.