

## **Corrective Exercise Training Workshop**

This 1-day workshop is designed to introduce coaches, sports scientists, athletes, PE teachers, personal trainers and undergraduates to the concept of corrective exercise training and its importance when training individuals with musculoskeletal impairments.

**Maximum Number of Delegates: 20**

### **Overall Objectives**

By the end of this workshop delegates will be able to:

- Review the Corrective Exercise process.
- Detail functional anatomy.
- Discuss Corrective Exercise Training (CET).
- Demonstrate proper exercise technique for SMR, static stretching, isolated and integrated strengthening.
- Understand how to modify CET in line with the objectives of the client.
- Prescribe acute exercise variables based on the outcomes of the overhead and single-leg squat assessments.

**Cost: £120**

