

All things fitness: latest research findings



By Dr Mark McKean PhD SCSC

All things fitness: latest research findings is targeted towards Fitness Professionals (encompassing Gym Instructors, Personal Trainers and Group Exercise Instructors) who want to incorporate the latest fitness research into their training. Content covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

All things fitness: latest research findings explores:

- How to read research literature
- The process of getting a research study published
- Fitness research conducted by the University of the Sunshine Coast, QLD in partnership with Australian Fitness Network & Australian Institute of Fitness
 - o Energy expenditure in the elderly using contrasting intensities
 - o Nutritional knowledge of Australian fitness professionals
 - o Biomechanics of a squat & overhead pressing movement patterns
 - o Development of fitness qualities in teenagers

Upon successful completion, course participants will:

- Be able to read research literacy
- Understand P-values, correlations & confidence intervals
- Know the physiological response of constant versus interval aerobic activity in the elderly population
- Understand how segment lengths influence the squat movement pattern
- Be able to quantify knee alignment and joint coordination in squatting
- Know the changes in pattern between overhead pressing in front & back positions
- Understand the effect of overhead pressing on spine alignment
- Have the knowledge to determine optimal training protocols for varying age groups

Course Creator Bio

Mark completed his PhD in 2009 in the area of movement coordination and muscle balance. He is currently a post doctoral fellow at the University of the Sunshine Coast, heading up the Australian Fitness Research centre. Mark is also a strength and conditioning coach working with athletes from a range of sports up to international and Olympic level.