

Square shoulders, strong arms



By Dr Mark McKean PhD SCSC

Square shoulders, strong arms is targeted towards Fitness Professionals (encompassing Gym Instructors, Personal Trainers and Group Exercise Instructors) who want to learn to design strength programs where movement involves the shoulder. Content covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Square shoulders, strong arms explores:

- The evolution of shoulder posture
- Postural variations that influence shoulder posture
- Ideal shoulder posture
- Testing shoulder posture
- Ideal shoulder ROM
- Testing shoulder ROM

Upon successful completion, course participants will:

- Understand the evolution of shoulder posture from neanderthal to modern man / woman
- Know the scapula variations and clavicle function
- Be able to identify postural variations that influence shoulder function
- Demonstrate and instruct correct or ideal shoulder position including clavicle, scapula and ribcage placement
- Be able to perform tests to determine shoulder posture, flexibility and ROM
- Know how to use a goniometer

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.