

Integrate This! Slings and Fascia

By Jason Schulman



Integrate This! Slings and Fascia is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn to design effective programs for their clients and athletes using functional movement patterns. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Integrate This! Slings and Fascia explores:

- Myofascial anatomy and biomechanics
- Relationship between the pelvis and myofascial slings
- Applying the myofascial meridians to programming and training
- Using a needs analysis to determine which line/sling needs to be trained to successfully achieve a goal
- Specific exercises that target the slings and lines
- Integrating exercises into a strength program

Upon successful completion, course participants will:

- Understand how various parts of the body are connected and how they relate to functional movement patterns
- Be able to design effective programs for clients/athletes to improve quality of performance and reduce risk of injuries
- Know the myofascial lines and slings and how they function
- Understand how pelvic stability can effect physical performance
- Be able to implement functional training using components such as speed of movement, plane of movement, ROM, type of muscular contraction and muscles involved
- Have the knowledge to identify exercises that can train specific muscles and movements

Course Creator Bio

Jason is currently a strength and rehabilitation coach with the Sydney Swans AFL team.

He has worked with numerous professional sporting teams, most recently as the Strength & Power Coordinator for the Sydney Roosters Rugby League team in the NRL.

Previously he has been employed as a Strength & Conditioning Coach with the NSW Waratahs Super 14 team, worked within the Australian Rugby Unions Elite Player Development Program, was a Strength and Conditioning Coach for the Sydney Fleet

in the inaugural Australian Rugby Championships (ARC) and prior to that was the Physical Performance Coach for Eastern Suburbs Rugby Union.

He has a Masters Degree in Exercise Science with an undergraduate degree in Human Movement Studies and is accredited with numerous professional organisations.

Along with his role at the Sydney Swans, Jason also has a physical performance consulting business, through which he works a number of individual athletes and teams. www.jasonschulman.com.au

