

Train Your Clients for Rapid Skill Development

By Mark Davis BAppSc (Physio) Bed (PhysEd)

Train Your Clients for Rapid Skill Development is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how to optimise motor learning in terms of strength of encoding, availability of retrieval and replication of a skill. The information covered in the course will help Fitness Professionals maximise the performance of their clients.

Train Your Clients for Rapid Skill Development explores:

- Why vestibular considerations are important for skill development
- Anatomy of the vestibular system
- How the semicircular canals works
- The vestibular system and modern humans
- Stimulating the vestibular system through exercise
- How the motor cortex, cerebellum and brain stem contribute to movement
- Structuring practice to improve motor learning

Upon successful completion, course participants will:

- Have specific exercises that facilitate the semicircular canals
- Know exercises that facilitate the utricle and saccule
- Be able to incorporate activities that facilitate the vestibular system into a PT session
- Have 6 strategies to challenge the vestibular system
- Understand how to apply a multilayered approach to improve motor learning
- Have 4 examples of vestibular facilitation sequencing into a target skill

Course Creator Bio

Mark is a physiotherapist with extensive experience in gym-based rehabilitation, he is the founder of Springboard Physiotherapy and Rehabilitation. With over 25 years experience in the fitness industry, he has developed effective rehabilitation systems for individuals, sports and industry. Mark is a regional coach at the Australian Institute of Fitness and was the recipient of the 2011 Network Fitness Presenter of the Year Award.