

Understanding Muscles and Movement

By Justin Price, MA

Understanding Muscles and Movement is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how the whole body moves together as an integrated system and understand the root causes of pain.

Understanding Muscles and Movement explores:

- In-depth anatomy including muscles, tendons, bones, ligaments and fascia
- Specific muscle origins, insertions and functions
- Causes of pain in the body
- How gravity and ground reaction forces change the way a body moves
- Designing corrective exercise strategies that will alleviate pain

Upon successful completion, course participants will:

- Know the major muscle groups that will dictate the exercise strategies used to alleviate pain
- Understand the real-life function of muscles in relation to gravity and ground reaction forces
- Comprehend how the body moves as an integrated series of muscles, bones, tendons, ligaments, and fascia
- Be able to detect the root causes of a client's pain and/or movement dysfunction
- Understand how to use assessment findings to design and integrate corrective exercise programming into client's training programs

Course Presenter Bio

Based in San Diego, Justin is the creator of The BioMechanics Method® which provides corrective exercise education and programming for health and fitness professionals. He is an IDEA International Personal Trainer of the Year, expert on corrective exercise for the American Council on Exercise and BOSU® and founding author of PTA Global. He is also director of content for PTontheNet and an education provider for TRX and the National Strength and Conditioning Association.