

Corrective Exercise Program Design

By Justin Price, MA

Corrective Exercise Program Design is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how to develop and implement effective corrective exercise programs.

Corrective Exercise Program Design explores:

- Client motivation and behaviour
- Communication strategies for working with clients in pain
- Corrective exercise consultations
- Important variables that can influence program outcomes
- Corrective exercise program design from start to finish

Upon successful completion, course participants will:

- Know how to conduct a corrective exercise consultation
- Be able to effectively communicate assessment outcomes to clients
- Understand how to sell corrective exercise programming to clients
- Know how to structure a corrective exercise session
- Understand how to design a series of corrective exercise sessions

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.