

The BioMechanics Method Corrective Exercise Trainer

By Justin Price, MA

The BioMechanics Method Corrective Exercise Trainer course powered by Network consists of five distinct, but interconnected, educational components. To earn your Corrective Exercise Specialist Certification, you will need to complete all components.

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.

Part One: The Fundamentals of Structural Assessment explores:

- Step-by-step processes for postural assessment
- Techniques for postural assessment ie. verbal, visual and hands on
- Assessing feet, ankles, knees, lumbo-pelvic hip girdle, thoracic spine, shoulder girdle, neck and head
- How posture misalignment can cause referral pain in other areas of the body
- Musculoskeletal imbalances and injuries

Upon successful completion, course participants will:

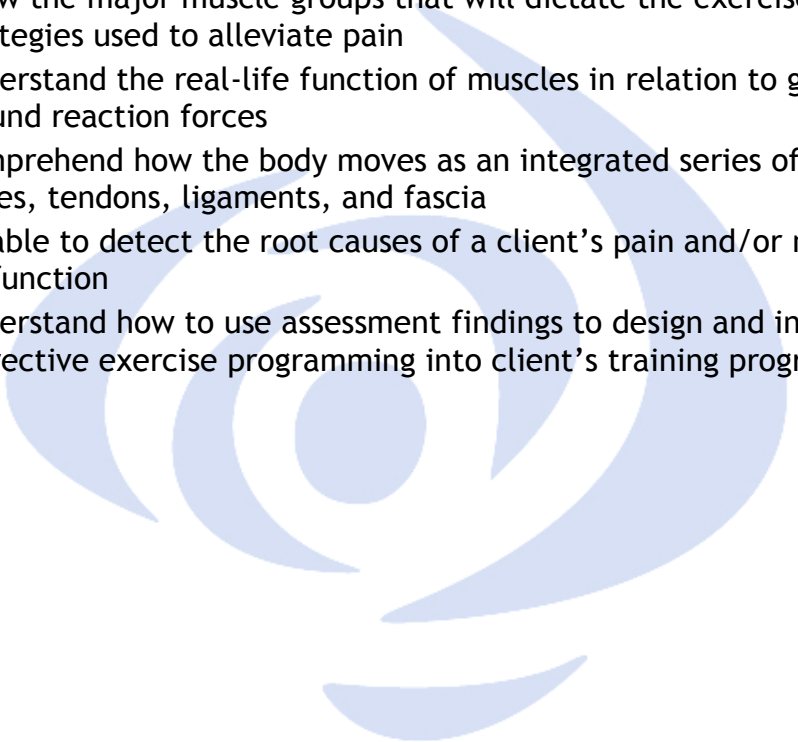
- Know how to assess the major areas of the body
- Have the skills to identify common musculoskeletal imbalances that cause pain and dysfunction
- Understand how to use different techniques for conducting postural assessments
- Comprehend how postural deviations may impair movement
- Have the ability to apply static posture assessment techniques with clients in real-life fitness settings

Part Two: Understanding Muscles and Movement explores:

- In-depth anatomy including muscles, tendons, bones, ligament 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 with 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



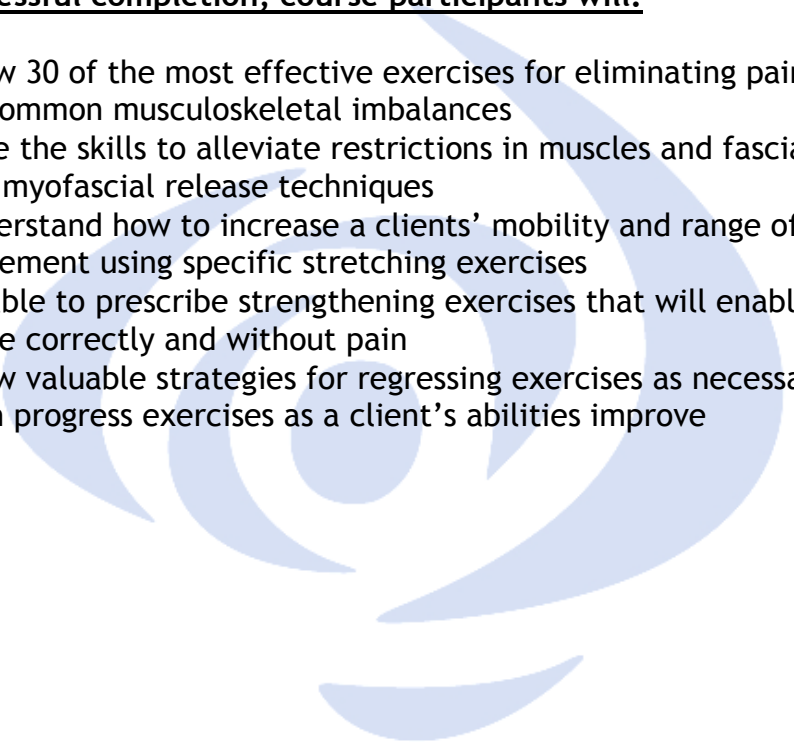
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Part Three: The Fundamentals of Corrective Exercise explores:

- Exercises that eliminate pain caused by common musculoskeletal imbalances
- Self-myofascial release techniques
- Stretching exercises to increase mobility and range of movement
- Strengthening exercises to help clients move correctly and without pain
- Strategies for regressing and progressing exercises as appropriate to a person's abilities

Upon successful completion, course participants will:

- Know 30 of the most effective exercises for eliminating pain caused by common musculoskeletal imbalances
- Have the skills to alleviate restrictions in muscles and fascia using self-myofascial release techniques
- Understand how to increase a clients' mobility and range of movement using specific stretching exercises
- Be able to prescribe strengthening exercises that will enable a client move correctly and without pain
- Know valuable strategies for regressing exercises as necessary, and then progress exercises as a client's abilities improve



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Part Four: 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

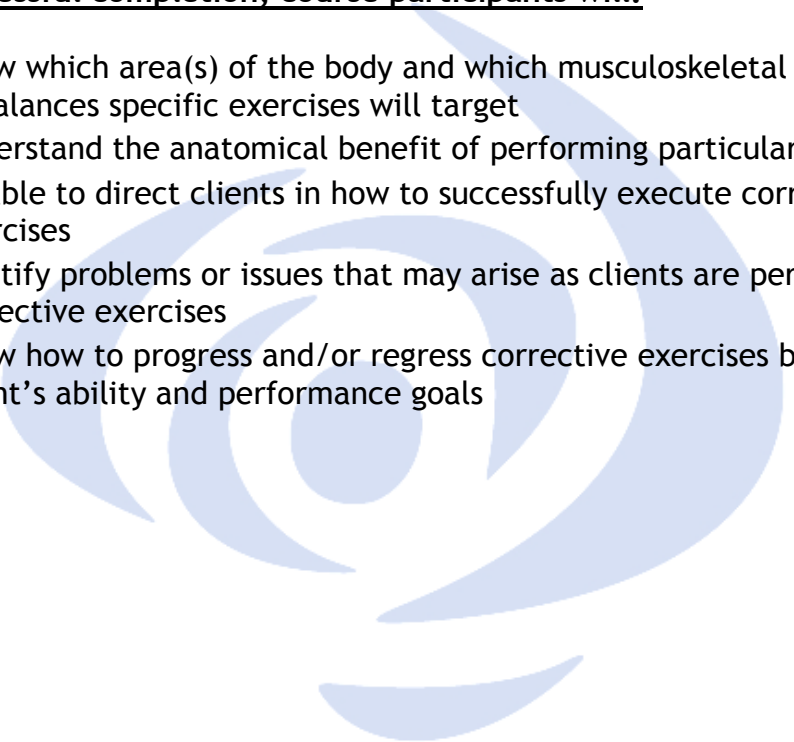


Part Five: The Complete Corrective Exercise Library explores:

- Different kinds of corrective exercises
- Targeting imbalances in muscles and soft tissue structures with various types of exercise modalities
- Benefits of nearly 200 corrective exercises (with progressions and regressions)
- Successful corrective exercise performance
- Corrective exercise tips and precautions

Upon successful completion, course participants will:

- Know which area(s) of the body and which musculoskeletal imbalances specific exercises will target
- Understand the anatomical benefit of performing particular exercises
- Be able to direct clients in how to successfully execute corrective exercises
- Identify problems or issues that may arise as clients are performing corrective exercises
- Know how to progress and/or regress corrective exercises based on a client's ability and performance goals



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