

Insights Into Functional Training

By Chuck Wolf, MS

Insights into Functional Training is targeted towards Personal Trainers with a minimum of 2 years' experience. It is ideal for fitness professionals wanting a detailed look at human motion in all planes of movement, and aims to bridge the gap between traditional training methods and integrative exercise.

Insights into Functional Training explores:

- The definition of function and factors that affect it - desired goals, required action, limitations, compensations and idiosyncrasies
- Blending traditional exercise with functional movement patterns
- How functional anatomy differs from anatomical anatomy
- Criteria in human motion
- The fascial system and anatomy trains
- True 'functional' training- eccentric contractions
- Anatomy and division of the foot
- Functional action of the foot
- The 4 "Big Rocks" of movement
- Functional anatomy of the lower extremities, hip and abdominal complex.

Upon successful completion, course participants will be able to:

- Understand the role of eccentric contractions in improved efficiency
- Identify the muscles involved in each of the 6 flexibility highways
- Use 3 simple cues to improve client performance through optimal alignment
- Implement integrated tri-plane movements to enhance strength, flexibility and performance in clients.
- Know the mechanics of tri-plane loading and triplane unloading
- Be able to identify all the bones, muscles and joints of the foot
- Understand the significance of the medial binding of the foot.

Course Presenter Bio

Chuck Wolf has a Masters of Science Degree in Exercise Physiology from George Williams College, and specializes in Applied Biomechanics. He presently is the Director of Human Motion Associates, in Orlando, Florida, consulting with clients ranging from the rehabilitation setting to professional athletes of the highest level. Chuck works extensively with many of the top 50 PGA players in the world and also has worked with numerous professional baseball players and other high level athletes. He has emerged as a leader of functional anatomy and biomechanics within the fitness and sports performance industries and works extensively with internal medicine physicians, orthopedic specialists, neurosurgeons, and physical therapists addressing musculoskeletal issues and developing

corrective exercise programs. Chuck has presented at many national and international conferences and written numerous articles and produced many educational videos in the areas of human motion, sports science, and human performance.



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