

MEDICAL FITNESS

Target group: Physiotherapists

On completion of the course you will be able to:

- Describe the training variables of different forms of resisted exercise
- Describe the advantages and disadvantages of various forms of resisted exercise
- Use of physical fitness equipment and dumb-bells safely and properly, focusing on:
 - increasing the strength of various muscle groups
 - stimulating tissue recovery after muscle injuries
- Using resisted exercise with a partner
- Use isokinetic equipment therapeutically:
 - Applying various therapeutic variables to it
 - Focusing on strength and tissue recovery

Content:

Theory

- Exercise physiology
- Training principles

Practice

- Resisted exercise
- Physical fitness
 - use of apparatus
 - training
- Isokinetic training
- Functional training

Schedule:

Total duration	1 week
Number of participants	24 (maximum)

Requirements:

A fitness environment