

# THE APPLICATION OF STRENGTH & CONDITIONING PRINCIPLES FOR REHABILITATION AND EXERCISE PROFESSIONALS

2-DAY WORKSHOP WITH HANDS-ON SKILL DEVELOPMENT



This two-day workshop is tailored to Rehabilitation Professionals, Strength and Conditioning Coaches and Personal Trainers to help them refine their understanding of foundational sports science principles and integrate them into their professional practice.

## In this course you will:

- Explore the rationale for implementing resistance training as a modality in clinical rehabilitation and sport.
- Enhance coaching techniques for compound movements like squat, deadlift and clean, with a focus on tailoring lower extremity exercises to individual needs.
- Learn how to prescribe intensity and volume effectively based on muscle physiology and the adaptations that occur with resistance training.
- Have a better understanding on the design of personalized strength training programs based on various rehabilitation and performance goals.

This workshop is a unique opportunity to learn from a leading researcher in the field with hands on coaching delivered by experienced practitioners.

**NSCA CERTIFIED INDIVIDUALS WILL RECEIVE 1.5 CEUs FOR ATTENDING THIS EVENT**

JUNE  
8-9  
2024

8:30AM-  
5:00PM

Professional: \$200  
NSCA Member: \$175  
Student: \$125  
\* GST will be added to above rates

## Presenters



Loren Chiu, PhD, CSCS

Associate Professor,  
Director  
Neuromusculoskeletal Research Program,  
University of Alberta



Amy Moolyk, MSc, CSCS, CEP

Strength and Conditioning Coach,  
Connect Physiotherapy &  
Exercise



Ruben San Martin, MScPT, CSCS

Physiotherapist,  
Connect Physiotherapy &  
Exercise

LIMITED SPOTS,  
SIGN UP TODAY!



6316 - 106 street, Edmonton, AB

(587) 416-3332 | connectpt.ca

@connectptex

