



PREPARATION AND RECOVERY SYSTEMS

MOVEMENT RESTORATION COACH MODULE

Esky

ABOUT THE PROGRAM

Preparation and Recovery systems is the foundation for all coaches wanting to integrate effective and scientifically backed warm-up and cool down protocols into exercise based sessions.

These protocols are specifically designed to provide a personalised and customised approach to the preparation and recovery phases for 1 on 1 training; small group training or team training.

This incredible program is designed to give coaches a comprehensive and structured plan in the design and delivery of preparation and recovery protocols for a variety of sessions such as functional training circuits, strength programs, outdoor or indoor group training.

The program is delivered in a blended format with 2 days of face to face practicals coupled with online modules to help support your journey.



WHAT YOU WILL GET

2 DAYS OF FACE TO FACE DELIVERY

covering all practical components of the preparation and recovery systems

PROFESSIONALLY SHOT VIDEOS

of all the course material with bonus downloadable manuals; articles; templates and much more

FULLY ACCREDITED AND CERTIFIED

programs with all major accrediting organisations

2 CERTIFICATES

upon successful completion

WHY START?

The MRC fuses the best of the functional with that of the Rehab trainer protocols.

READY TO START?

Call Australia: 1300 791 479

Call International: +612 9526 5115

Email: info@functionaltraininginstitute.com



PART 1

FUNDAMENTALS OF MOVEMENT PREPARATION

COURSE SUMMARY

Resistance-bands are a multipurpose tool that have a long history of use in the fitness industry. Due to their portability and low cost, resistance-bands are a convenient tool that can be used to improve a number of different health and fitness outcomes. Resistance-bands can also be used to add resistance to a wide range of generalized movement patterns, making them an ideal tool to integrate into a functional training program. This course covers six different modules, which include resistance-band exercises from novice to advanced level. Exercise progression, regressions and safety considerations are covered in detail where appropriate.



COURSE AIMS

Course participants will develop a broad understanding of the resistance-band and the exercises that can be performed with it. In addition participants will be able to apply this knowledge and deliver a wide range of resistance-band exercises that target partner training, joint mobility, muscle activation and potentiation utilizing the scientifically verified RAMP movement preparation protocol.

WHY DO THIS COURSE?

Resistance bands have been a popular tool among fitness trainers for a long time. However, the vast amount of resistance band exercises that can be found on the various social media channels can make the decision on which exercise to choose, daunting. The fundamentals of movement preparation takes the guess work out of choosing the most appropriate resistance-band exercise for your client. Teaching a large amount of exercise in isolation is not the most effective way to use any tool. This course will break down key resistance band exercise selections into five different modules, specifically targeting whole body movement preparation, mobility, activation, potentiation and general strength.

Using scientifically proven movement preparation strategies this course will teach you how to effectively use the resistance band to develop and advanced warm up program as preparation for the upcoming training session, but also as a tool for motor skill development that can cultivate the skills and movement capacities need to accelerate movement capacity. Finally, this course will teach participants how to best utilize the resistance band to assist and resist strength development in clients ranging from novice to advanced levels.



WHAT IS INCLUDED



Online course content



Learn flexibly via our world class online learning platform



Gain access to extensive professionally shot videos; templates and downloads; bonus reading material and videos to support your learning journey



Face to Face learning. At FTI, we believe that nothing can substitute face to face learning.



During the 1 day delivery you will go through all the practical components delivered in the program.

FACE TO FACE COURSE TIMETABLE

TIME	MODULE	TOPIC	TOTAL TIME
8:00 - 9:30 AM	1	The science of resistance-band training <ul style="list-style-type: none"> The scientific basis of resistance-band training Basic properties of resistance-bands Different types of elastic resistance-bands devices Safety and resistance-band exercise precautions 	90 minutes
9:30 - 10:00 AM	2	Fundamentals of Movement Preparation <ul style="list-style-type: none"> The R.A.M.P Protocol 	30 minutes
MORNING TEA 10AM - 10:15AM			
10:15 - 11:15 AM	2	Module 2: Raise body temperature <ul style="list-style-type: none"> Partner based resistance-band exercises for movement preparation Individual based resistance-band exercises for movement preparation 	60 minutes
11:15 - 12:15 PM	3	Module 3: Activation <ul style="list-style-type: none"> Principles of resistance-banded exercises for muscle activation Benefits of resistance-bands for activation exercises Resistance-band activation exercises and the Joint-by-Joint Approach Resistance-banded activation exercises. Resistance-band activation Flow sequence 	60 minutes
LUNCH 12:15 - 12:45 PM			
12:45 - 1:45 PM	4	Module 4: Mobility <ul style="list-style-type: none"> Principles of resistance-banded exercises for mobility Benefits of resistance-bands for mobility training Benefits of resistance-bands for activation exercises 	60 minutes
1:45 - 2:45 PM	5	Module 5: Potentiation Exercises <ul style="list-style-type: none"> Benefits of resistance-bands for potentiation Principles of resistance-banded exercises for potentiation Resistance-band exercises for potentiation Resistance-band Potentiation Flow sequence 	60 minutes
AFTERNOON TEA 2:45PM - 3:00PM			
3:00 - 4:00 PM	6	Module 6: Assisted & resisted exercises <ul style="list-style-type: none"> Assisted resistance-band exercise progressions and regressions Resisted resistance-band exercise progressions and regressions 	60 minutes
4:00 - 5:00 PM	7	Module 7: Programming <ul style="list-style-type: none"> RAMP movement preparation programming Assisted strength programming Resisted strength programming 	60 minutes

PART 2

FUNDAMENTALS OF RECOVERY TRAINING

COURSE SUMMARY

A structured recovery program must be part of every training program, to allow the body time to adapt to the stress of exercise. Increasingly, Fitness training enthusiasts are embracing the same recovery strategies used by an elite athlete. However, many fitness professionals remain uncertain about the effectiveness of these recovery strategies and how to implement a recovery program with their clients.

The recovery coaching course has been designed to remove this uncertainty by providing a step by step guide on how to best implement a recovery program. The recovery coaching course covers a range of practical strategies to assist fitness professionals implement a recovery program suitable for clients ranging from beginner to advanced.



COURSE AIMS

By the end of this course, participants will be able to:

UNDERSTAND

the importance of recovery in an exercise program

EVALUATE

the role of recovery strategies in a fitness training context

LIST

a range of recovery strategies available to clients in the fitness industry

INSTRUCT

supervise and monitor a range of recovery activities

DESIGN

deliver and evaluate a recovery program



WHY DO THIS COURSE?

Recovery is an integral part of the training cycle, as a fitness professional, it is your responsibility to educate your client on the need for recovery, particularly as they progress to more intensive training

In this course, on coaching recovery, you will learn the purpose of recovery and be introduced to a wide range of proven recovery training strategies, that will can be delivered in a one on one or group setting.

Be at the forefront of high-performance fitness training by becoming a recovery coach who can specialise in fatigue management and performance optimisation.

“You cannot train for fitness while recovering from fatigue.”



WHAT IS INCLUDED



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FACE TO FACE COURSE TIMETABLE

TIME	TOPIC	TOTAL TIME
9:00 - 10:30 AM	Theory of Injury, Holding Patterns, Muscle Imbalance and Asymmetry <ul style="list-style-type: none"> • Risk Assessment 	1hr and 30mins
MORNING TEA 10:30AM - 10:40AM		
10:40 - 1:15 PM	5 Main Muscle Imbalances with Evaluation, Loosening Procedures and Activation Drills: <ul style="list-style-type: none"> • SHOULDER/NECK/ARM <ol style="list-style-type: none"> 1. Pec Minor Dominating Lower Straps and Serratus Anterior 2. External Rotator Cuff Dominating Subscapularis and Subraspinatus 	2hrs and 55mins
LUNCH 1:15 - 1:45 PM		
2:00 - 5:00 PM	<ul style="list-style-type: none"> • KNEE/ HIP/ LOW BACK <ol style="list-style-type: none"> 1. Vastus Lateralis Dominating Vastus Medialis 2. Tensor Fascia Lata Dominating Gluteus Medius 3. Hamstrings/ Adductor Magnus Dominating Lumbar Multifidus <p>Blending Rehab Into:</p> <ul style="list-style-type: none"> • Functional Movement Programmes • Client Sessions • Client Homework 	3hrs



Simon Warwick
Step One Personal Training

Completing the MRC program has also allowed me to offer them a service which is not generally within the realm of your standard Cert IV trainer. I also find that I have developed better relationships with both the clients, and the allied health professionals, as they can both see that I have my clients best interests at heart. I would strongly recommend the Movement Restoration Coach program, to any trainer who wants to upskill in the rehab area, and set themselves apart in today's competitive fitness industry.



Tash Peake

The MRC course has increased client growth by teaching the correct movement of the body as a whole. The way in which we move daily has a massive impact on our body. The support online and face to face along with group chats and discussion is truly supportive and extremely professional. Thanks for providing such great courses FTI, the knowledge and worth is in your training which has kept my business growing to be the professional trainer I have become.



Whitney Muscat

The Movement Restoration Coach program is one of the best things I could of done to better as a coach. I've gained so much knowledge and i'm very excited to apply this course to my own self growth as well as my clients. I have a clearer understanding of how the body moves and how it heals. Thank you FTI and Rehab Trainer for this fantastic program. I highly recommend this program to all personal trainers in the industry!

CONTACT US:

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