

4Rs for Performance Mobility

Quick Fixes Don't Work. Use Long-Term Injury Prevention Method

Course Overview

In today's sedentary world, we often find ourselves in a seated posture that restricts our mobility and optimal muscle function that eventually leads to chronic pain. As a result, we often turn to single "quick-fixes" which provides acute pain relief instead of long term adaptations for pain/ injury prevention. In this workshop, you will learn 4R components to for long term improvements in mobility, take home mobility exercises and flows which you can immediately incorporate into your workout routine.

Course Objectives

1. Identify the 4-R components in improving mobility
2. Learn how to perform CARs and primal movements
3. Incorporate mobility flows into workouts for improvement in movement efficiency

Course Highlights

- Primal Movements
- Myofascial Release Techniques
- Controlled Articular Rotation
- Functional Movement Training

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course Edutainer

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Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE 0.1 CECs

Course Duration

90 minutes

Learning Materials

Handouts, course manual and /or presentation slides

Fitness Edutraining Asia (FEA)



Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Laptop and Zoom Account

Course Capacity

N/A

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice