



BECOMING BAREFOOT STRONG

Description

Barefoot Training Specialist Level 1 certification seminar, the only certification that talks about the foot and its connections with the rest of the body.

The BAREFOOT TRAINING SPECIALIST certification seminar is divided into three levels. The first finds the cultural foundations to understand the structure and function of the foot and its relationships with the rest of the body to create stability that generates strength and endurance. In the second level, the focus is on movement efficiency. The first two levels teach complete tests and analyzes on the function and the different anatomies of the foot and the way in which each of them influences the stability and efficiency of movement. In the third level, the pelvic floor, spine, shoulder and hand are analyzed to transform every movement, from natural to athletic or strength training.

EBFA Barefoot Training Specialist® Level 1 Certification program

As the foundation to all EBFA education the Barefoot Training Specialist Level 1 Certification sets the foundation for advanced concepts in barefoot activation, reflexive stabilisation and Brain.Breath.Barefoot connections. With the foot as the only contact point between the body and the ground, this complex structure plays a critical role in the way in which our body stabilizes during dynamic movement.

Get ready to explore how to prep the body for movement by tapping into the nervous system with barefoot science, foot to core sequencing and reflexive stability via fascial lines.

Whether a client's goal is corrective exercise, performance, or weight management, barefoot and foot-specific training can create faster and greater results. Integrate barefoot training into small group and group fitness applications for creativity, challenge, and injury prevention. Use corrective barefoot training for clients and patients with ACL injuries, low back pain, ankle instability, SI joint dysfunction, hip labral injuries, and several other lower extremity difficulties. Explore how barefoot science can enhance the timing of muscle activation patterns and how this directly relates to the prevention of hip, knee, and foot injuries.

- **Course Length: 14 Hours (2 days)**
- **CEC Credits: Earn Up to 14 CECs from ACE, AFAA and NASM**

The decision to become a Barefoot Training Specialist® is the first step towards joining our community of in-demand health and fitness professionals from around the world who have a solid understanding of foot function and barefoot science.

Learning Objectives

- Foot to core sequencing via short foot
- The science of the somatosensory system
- Introduction to foot & ankle anatomy & biomechanics
- Open chain & closed chain foot assessments
- Foot function & fascial lines
- Barefoot before shod programming
- Plus more

Athletic Trainers

EBFA foot and barefoot education programs are designed to present the latest research as it relates to restoring foot function, corrective exercises and athletic performance. With no established guidelines on barefoot training protocol, this is the only workshop that will fully prepare athletic trainers to better integrate barefoot training and foot fitness into their athlete's programming.

Personal Trainers

EBFA foot and barefoot education programs are designed to present the most effective programming for personal trainers to easily and integrate into all client program design. Whether a client's goal is corrective exercise, performance or weight management, barefoot and foot to core sequencing can create faster and greater results.

Movement Specialists

With the foot as the foundation to human movement, many movement dysfunctions treated by movement specialists integrate the foot. By understanding and implementing barefoot science and from the ground up corrective exercise techniques, movement specialists will be able to confidently address how the foot ties into all movement dysfunctions.

Group Fitness Instructors

Looking to increase the challenge or creativity in a group exercise setting? By integrating barefoot training and foot to core sequencing exercises, group fitness instructors are able to stand out among the competition while keeping their classes fun, fresh and effective.

Physical Therapists, Podiatrists & Chiropractors

Evidence supports corrective exercise techniques using barefoot training as a powerful aid for patients with ACL injuries, low back pain, ankle instability, SI joint dysfunction, hip labral injuries, and several other lower extremity difficulties. Explore how barefoot science can enhance the timing of muscle activation patterns and how this directly relates to the prevention of hip, knee, & foot injuries

BRAIN. BREATH. BAREFOOT.

**Available Course Credits**

ACE 1.40; AFAA 14.00; NASM 1.40

Curriculum

What's Included in the Barefoot Training Specialist® Level 1 Certification?

Learn how barefoot training can change foot structure, improve neuromuscular activation patterns and reinforce integrated movement patterns of the lower extremity.

Part 1 (Day 1 Morning) - Intro to Functional Movement

- Welcome & Intro to Functional Movement
- Intro to Foot to Core Local Stabilization
- Intro to Short Foot & Foot Activation
- Intro to Foot to Core Sequencing & Fascial Tensioning
- Pelvic Floor & Breathing Practical

Part 2 (Day 1 Afternoon)- Integrated Foot Mechanics

- Intro to Integrated Foot Mechanics
- Functional Foot Anatomy & Fascial Line Integration
- Foot Anatomy Identification Practical Open Chain Foot Assessment
- Open Chain Foot Assessment
- Closed Chain Foot Assessment

Part 3 (Day 2 Morning)- Joint Centration & LPH Stability

- Advanced Concepts in Joint Centration & LPH Stability
- Step 1 - Inhibition of Global Muscles
- Step 2 - Mobilization / Re-centration of hip joint
- Step 3 - Local Activation of Deep Stabilizers
- Step 4 - Foot to Core Integration (Short Foot Workout)

Part 4 (Day 2 Afternoon)- Program Design

- Intro to Brain. Breath. Barefoot. - BRAIN
- Intro to Brain. Breath. Barefoot. - BREATH
- Intro to Brain. Breath. Barefoot. - BAREFOOT
- Corrective Exercise for Tibial Femoral External / Internal Rotation
- Corrective Exercise for Anteriorly Shifted Talus
- Corrective Exercise for Rearfoot Supination

Pre-requisite

This course is open to anyone in the fitness space.

Exam & Certificate

After the course, EBFA will email the participants directly with the online test link. You have 6 weeks to take the exams and you get 2 attempts. If you do not pass in 2 attempts you can buy 2 additional attempts for \$99 USD at EBFA website. If you do not take the exam you do not get the certificate and won't have access to the EBFA online portal.

Recertification

None. If there are updates to the syllabus EBFA will make it known to those who have done the course before and offer it at a special repeat fee for anyone interested to repeat the course. EBFA

“control” this by asking the participants to present their certification before approving for the payment.

Class capacity

Minimum 8 pax and maximum 10 pax due to SOP of COVID-19 pandemic



Course Creator

Dr Emily Splichal, New York, United States

Dr Emily Splichal, Functional Podiatrist and Human Movement Specialist, is the Founder of EBFA Global (formerly Evidence Based Fitness Academy), Creator of the Barefoot Training Specialist® Certification, Author of Barefoot Strong and Inventor of Naboso Barefoot Technology. With over 19 years in the fitness industry, Dr Splichal has dedicated her medical career towards studying postural alignment and human movement as it relates to barefoot science, foot to core integration and sensory integration.

Dr Splichal actively sees patients out of her office in Manhattan, NY with a specialty in sports medicine, functional medicine and regenerative medicine (www.dremilysplichal.com). Dr Splichal takes great pride in approaching all patients through a functional approach with the integration of neuromuscular control, biopsychosocial influences, corrective exercise and stem cell therapy. Dr Splichal is actively involved in barefoot training research and barefoot education as it relates to athletic performance, injury prevention and movement longevity. Dr Splichal has presented her research and barefoot education both nationally and internationally to over 20,000 professionals, with her Barefoot Training Specialist® Program in over 40 countries worldwide and translated into 15 languages.

Due to her unique background Dr Splichal is able to serve as a consultant and expert for some of the top fitness, footwear and orthotic companies including Aetrex Worldwide, Bunion Bootie, Crunch Fitness, Lissom Footwear, Nike Innovations, PowePlate USA, RAD Roller, SOLS and Trigger Point Performance Therapy.

Degrees/Certifications: Doctor of Podiatric Medicine (DPM), Master's Human Movement (MS), NASM-CES, NASM-PES, NSCA-CPT



Course Presenter (online live streaming)

JERRY TEO, Singapore

- Managing Director & Co-Founder, BodyTree Group
- Managing Director, Pilates BodyTree®
- Educator, BodyTree Academy
- Regional Director of Education in Asia (EBFA Global)
- Presenter of 'Barefoot Training Specialist' Certification courses in Asia
- Presenter of RunInjuryFree! certification courses in Asia
- Presenter of Pilates Teacher Training certification courses in Asia
- Fitness Best Asia Pilates Instructor of the year (2018)
- Creator of 'Get Back On Track', a lower back pain workshop
- Creator of 'Accelerated Flexibility Training' workshop
- Fletcher Pilates® Adjunct Faculty (2009-2014)
- Pilates lecturer, Diploma of Dance, NAFA (2004-2006)
- Physical Training Instructor, Singapore Armed Forces (SAF) (2000-2002)
- Nationally Certified Pilates Teacher (NCPT)
- Fletcher Pilates® Professional Teacher
- Barefoot Training Specialist® Level 1,2,3
- BARE® Workout Instructor
- PowerPlate® Certified Master Trainer
- PowerPlate® Small Group Master Trainer
- Rehab Trainer
- Stretch Therapy™ Teacher

- Certified Functional Range Conditioning Mobility Specialist
- Parkinson's Regeneration Training® Instructor
- Pelvic Floor & Core Foundations (Burrell Education)
- Women's Wellness and Whole Body Vibration (Burrell Education)
- Quanta Therapist
- Sports Massage Therapist
- Clinical Orthopedic Manual Therapist
- Proprioceptive Deep Tendon Reflex Practitioner

Jerry is an energetic and dedicated teacher. His mission in life is 'To teach and inspire people to take changes that would improve their quality of life.' Jerry's greatest fulfilment in teaching came from experiencing how physical changes in his students' bodies transformed other aspects of their lives.

Jerry studied with many world-renowned teachers. Pilates Master Teacher and Elder, Ron Fletcher's (1921-2011) emphasis on excellence influenced him to constantly explore ways to develop his teaching skills. Jerry's greatest strength is his ability to adapt and adjust teaching methods to different learning personalities or complex physical issues, to make learning simple yet effective. Jerry is actively involved in mentoring Pilates Teachers so that they can in turn bring more impactful change to more people.

In his last 20 years of teaching in the fitness industry, Jerry has frequently helped people with knee, back, shoulder and neck problems. He especially loved and taught many runners, golfers, tennis players, skiers, yogis and dancers to improve their sports performance using Pilates. Jerry's most recent stint is teaching Pilates to the elite Cirque Du Soleil's Kooza to prepare them for their high level performance. Coupled with his experience in teaching people with serious lower back pain in his 'Get Back On Track' program, Jerry strongly believes that Pilates is a critical foundation to any movement program.



Course Assistant (on-site face-to-face)

Ng IMiin, Malaysia

- NASM Corrective Exercise Specialist (NASM CES)
- EBFA Barefoot® Training Specialist (Certified Level I and II)
- Movement From The Ground Up
- The Functional Foot & Ankle | Foundations in Anatomy & Pathology for the Movement Specialist
- EBFA Certified Bare® Workout Instructor

Ng I Miin is one of the pioneers of Barefoot Training Specialists (Certified Level I and II) in Malaysia when the revolutionary Evidence Based Fitness Academy course was introduced to Malaysia by Fitness Innovations Malaysia (FITM) in 2004, and currently the only Certified BARE® Workout Instructor in the country. She is also a Corrective Exercise Specialist by National Academy of Sports Medicine (NASM).

As one of the in-demand health and fitness professional from around the world who has a solid understanding of foot function and barefoot science, I Miin aims to help individuals live an active, pain-free life through injury prevention, while optimizing athletic performance through training from the ground up.

FAQS

Q: Who is EBFA Global?

A: EBFA Global (formerly known as EBFA Fitness) an education company that is dedicated to changing lives through science of neuroplasticity, emotional intelligence, proprioceptive training and fascial integration. Through our Certifications and Continuing Education we have taught over 20,000 professionals worldwide about the power of proprioception and sensory sequencing as it relates to movement disfunction, chronic pain and movement longevity. If you are looking for a holistic, integrated approach to human movement and one that challenges conventional thought and medicine then your journey starts here. With workshops online and in over 30 countries and translated into 12 languages we are here to help you impact lives from the ground up!

Q: What is the class format?

A: You choose "Face-to-Face Site Learning" (at FITM) or "Online-Live-Streaming: Learn from Home".

During this COVID-19 pandemic, Jerry Teo (Regional Director of Education in EBFA Global Asia) who is now based in Singapore will present through Online-Live-Streaming, so you can choose to learn the live-streaming course at FITM via projector screening with the **onsite assistant** by Ng IMiin (EBFA Barefoot® Training Specialist (Certified Level I and II) and EBFA Certified Bare® Workout Instructor) who is based in Malaysia to help the participants to learn; or you can learn from the comfort of your own home/studio/gym by turning into the "online-live-streaming" course.

Q: If I choose "Face-to-Face Site Learning", where is the class venue?

A: FITM, 2-8, 2nd Floor, Jalan PJU 8/3, Bandar Damansara Perdana, 47820 Petaling Jaya, Selangor, Malaysia.

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