

ACTIVATE MOBILITY

BY HOLISTIC MOVEMENT COACH

COURSE PROSPECTUS

COURSE DESCRIPTION

UNLOCK MOBILITY BY MUSCLES STRENGTHENING

You've probably heard the saying that "tightness is secondary to weakness". Tightness is the body's protective safety mechanism to stop you from moving into ranges that you are weak in and can't control. Is it any wonder that using release and stretching techniques that force the body to move into these ranges aren't effective long-term? We'd argue that putting the body in these weak positions puts your clients at risk of injury. This workshop will teach you how to activate weak muscles to restore mobility in the body. The techniques you will learn will give you instant results that will amaze you and your clients and will help you become the go-to movement professional in your area. Learn to create changes in mobility that stick and get your clients strong and mobile.

COURSE HIGHLIGHTS

- ✓ Learn a new model for balancing the neuromuscular system
- ✓ Learn how to activate weak muscles using sensory and motor techniques
- ✓ Spend 80% of the class learning hands-on corrective techniques
- ✓ Create and feel immediate changes in the body using these techniques

COURSE OBJECTIVES

- ✓ Understand tightness is secondary to weakness / adding stability gives mobility
- ✓ Learn how to accurately assess range of motion around the trunk and pelvis
- ✓ Learn how to perform specific muscle tests for trunk and pelvis misalignment patterns
- ✓ Understand how muscle activation results in pelvic misalignment
- ✓ Learn how to perform sensory and motor activations

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COURSE PROSPECTUS

WHO IS THIS FOR?

Professionals in:

- Fitness industry
- Movement instructors
- Occupational therapists
- Medical professionals

ENROLMENT CRITERIA

- A valid Certified Personal Training Qualification
- OR relevant experience working in sport, fitness, movement, rehab, and medical related fields.

TO REGISTER

- Enrolment is complete upon payment
- For group registration, please contact us at 5540-1516 for preferential information

CECS

- 1.2 CECs for ACE upon completion of the course



COURSE MATERIALS

- Course Manual in English
- Assessment Sheet



COURSE INFO

LANGUAGE OF INSTRUCTION

- Course Manual in English
- Lecture in Chinese or English

DURATION

- 16 hour workshop

CAPACITY

- 20 maximum

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COURSE PROSPECTUS

INSTRUCTORS



STEVEN CHEW

- Corrective Exercise Specialist Master instructor
- Founder of Fitness Academy Asia



DAVE LIOW

- Instructor for Strength and Conditioning
- Exercise NZ Educator of the Year Awards Winner
- Founder of Holistic Movement Coach

EXERCISE NEW ZEALAND AWARDS 2021 WINNER

DAVID LIOW
EDUCATOR AWARD



**EDUCATOR OF THE YEAR WINNER
2022 EXERCISE INDUSTRY AWARDS**



COURSE PROSPECTUS

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MATERIALS NEEDED

- Note pad and writing equipment for notes
- Sports Attire (shorts, t-shirts, sports bra)
- FAA provide Study Material



ASSESSMENT

- No Exam or Test
- Review for Practical Skills will be conducted at the end of the course to check for understanding.



CERTIFICATIONS

- Certification of Attendance after class

COURSE STRUCTURE

The allocation of class time will be determined according to classroom availability.

DAY 1 9AM - 5PM

Introduction to Holistic Movement Coach
Activate Mobility Model

Understanding neuromuscular dysfunction

Range of motion testing and interpretation

Introduction to muscle testing

DAY 2 9AM - 5PM

Review of Day 1

Understanding pelvis misalignment

Specific muscle testing for trunk/pelvis muscles

Sensory and manual activations theory and practical

Practical problem solving using the HMC Activate Mobility Model

HMC Activate Mobility summary

CONTACT INFO

- Email: specialize@fitnessacademyasia.com
- Whatsapp: (+852) 5540-1516
- Website: www.fitnessacademyasia.com

Disclaimer: No refund unless class is canceled by the FAA. All bookings are final and refunds are not permitted. In the event you need to cancel or reschedule, please contact us on +852 5540-1516

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課程簡介

課程描述

激活強化肌肉啟動活動能力

你可能聽過「繃緊是由於缺乏力量」。其實，繃緊是身體的一個保護機制，用來阻止我們進入身體無法控制的軟弱範圍。放鬆和被動伸展是坊間常用的技巧，但是否真的能有效地讓我們長遠獲得更大的活動能力呢？或者，這些常用的方法可能使身體更容易冒險進入無力的範圍，從而增加客戶受傷的風險？這個工作坊將指導你如何激活弱化的肌肉，從而重獲身體的活動能力。課程所學的技术能夠立即產生效果，並在長遠使客戶身體更強韌、更靈活，這將給教練們留下深刻的印象和信心。

課程描述

- ✓ 平衡神經肌肉系統
- ✓ 透過運動神經元的技術激活弱化的肌肉
- ✓ 動作矯正技巧實習
- ✓ 得到即時效果和感受身體反饋

課程目標

- ✓ 認識繃緊是由因於缺乏力量/ 穩定性提高活動性
- ✓ 學習準確評估軀幹和盤骨的活動幅度
- ✓ 認識激活肌肉如何影響盤骨的校準/對齊
- ✓ 學習執行軀幹和盤骨校準相關的肌肉評估
- ✓ 學習執行運動神經元的激活技術

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課程簡介

適合報讀人士

- 健身教練
- 動作指導專家
- 肌力與體能專家
- 瑜伽及彼拉提導師
- 醫療專業人員
- 職業治療師

報名條件

- 持有認可的私人教練證書，至少擁有一年相關教練工作經驗
- 或在相關領域持有專業認證及一年工作經驗（瑜伽、普拉提、按摩治療等）



COURSE INFO

教學語言

- 課程教材英文
- 上課英文 / 廣東話

學習期限

- 16 小時實習工作坊

人數限制

- 20 名學生
(一位導師)

報讀程序

- 收到付款後報名手續完成
- 如需團體註冊，請聯繫我們以獲取優惠價格

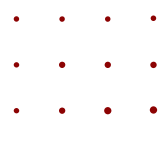
CECS 持續進修學分

- ACE - 完成三個單元後可獲ACE 1.2



課程材料

- 課程教材英文
- 評估表



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課程簡介

導師



STEVEN CHEW

- 矯正運動專家高級導師
- 創辦人 Fitness Academy Asia



DAVE LIOW

- 力量與體能訓練高級導師
- Exercise NZ Educator 全年最佳運動教育者得主
- 創辦人 Holistic Movement Coach HMC

**X EXERCISE
NEW ZEALAND
AWARDS 2021 WINNER**

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課程簡介

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所需材料

- 筆記本和寫作工具
- 運動服裝 (如: 短褲、T恤、女性運動內衣等)
- FAA提供教材



評估

- 無需考試
- 在課程結束時，導師會回顧實踐技能，以確保學生的理解情況



證書

- 完成後頒發出席證書

課程結構

課堂時間的分配將根據教室的可用情況來確定

DAY 1 9AM - 5PM

簡介 Holistic Movement Coach HMC -
Activate Mobility Model 啟動運動能力模型

認識神經肌肉系統失衡

測試和解讀活動幅度

簡介肌肉評估

DAY 2 9AM - 5PM

重溫第一天內容

認識盤骨歪置

軀幹與盤骨相關肌肉評估

感知和手法激活技術的理論和實習

運用 HMC Activate Mobility Model 實戰解難

課程總結

聯絡方法

- 電郵: specialize@fitnessacademyasia.com
- Whatsapp: (+852) 5540-1516
- 網站: www.fitnessacademyasia.com
- Instagram: [fitness.academy.asia](https://www.instagram.com/fitness.academy.asia)

免責聲明: 除非 FAA 取消課程, 否則不予退款。所有預訂均為最終, 不得退款。
如果你需要取消或重新安排, 請在以下聯繫我們 +852 5540-1516