

FALL PREVENTION & MOBILITY COACH

- Learn from International Master Trainer Tim Sunderland, who has over a decade of fitness experience.
- Understand elderly fall statistics and why coordination is a better measure of injury risk than strength and flexibility alone.
- Access an exercise library of progressive ground-to-stand exercises and learn how to incorporate them into fitness routines.
- Credits: ACE - 0.7 CEC NASM - 0.7 CEU

WHAT IS THIS COURSE ABOUT

Incorporating ground to stand movements

The importance of ground-to-stand ability for maintaining life quality. You'll learn why neither strength nor mobility alone determine injury risk and why assessing a client's ground-to-stand ability is critical. We'll review research showing links between sit to stand capability and longevity. You'll be taught fun, challenging ground to stand exercises to integrate into routines.

WHAT TO EXPECT FROM THIS COURSE

Takeaways include:

1. Research on sit to stand, longevity, and injury risk;
2. Assessing ground to stand ability; and
3. Exercise Libraries for:
 - a. Prone to stand
 - b. Supine to stand
 - c. Seated to stand
 - d. Kneeling to stand
4. Archetypal rest postures
5. Programming ground to stand exercises

You'll leave confident in ground to stand assessment, execution and programming this vital movement pattern for client wellbeing.

WHO WILL BENEFIT FROM TAKING THIS COURSE

This course is designed for personal trainers, fitness coaches, and enthusiasts who:

- Are looking to expand their knowledge of foundational movement patterns.
- Desire to enhance their clients' stability, mobility, and core strength.
- Work with clients of varying fitness levels, from beginners and elderly, to advanced athletes.

- Are interested in incorporating functional training principles into their programs.
- Seek to understand the biomechanics of transitions from ground to standing.
- Want to learn progressions and regressions for various ground-to-stand movements.
- Are involved in rehabilitation or prehabilitation training.
- Work with older adults or individuals with movement limitations.
- Want to add variety and challenge to their training sessions.
- Are keen to learn how to assess and correct movement dysfunctions related to ground-to-stand transitions.
- Are interested in sports performance training that requires efficient ground to standing transitions.

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 are recommended to ensure learning objectives are achieved.

COURSE CONTENT:

1. Introduction
 - a. statistics on increasing sedentary lifestyles and Fall risks in elderly
 - b. The Sitting-rising test research paper
2. Including this in your pre-exercise functional movement screening
 - a. Coordination as a more accurate measure for risk of injury + health
 - b. In the research
 - c. How they scored the Sitting-rising test
3. The bodies "Use it, or lose it" for mobility, stability and coordination
 - a. What is mobility and Controlling centre of mass
 - b. Neuroplasticity and coordination
4. Exercises
 - a. Prone to stand
 - b. Supine to stand
 - c. Seated to stand
 - d. Kneeling to stand
5. Rest postures for mobility & recovery
 - a. What are Archetypal rest postures
 - b. Rest postures
6. Programming Methods
 - a. Methods to include it within a regular fitness routine
 - b. At home practice

CLASS PLAN

8:30 AM - 8:45 AM: Introduction and Welcome (15 minutes)

- Instructor introductions and course overview.
- Icebreaker activity to engage participants.
- Outline of the day's agenda and learning objectives.
- Explanation of course certificate.

8:45 AM - 9:15 AM: The Importance of Functional Movement (30 minutes)

- Statistics on increasing sedentary lifestyles.
- Discussion of the risks associated with prolonged sitting.
- Introduction to the concept of functional movement.

9:15 AM - 10:00 AM: Fall Risk and the Sitting-Rising Test (45 minutes)

- Current data on fall risk in the elderly population.
- Detailed explanation of the Sitting-Rising Test and its research results.
- Practical demonstration of the test and scoring.
- How to include the test in pre-exercise functional movement screening.

10:00 AM - 10:15 AM: Break (15 minutes)

10:15 AM - 11:00 AM: Coordination, Mobility, and Center of Mass (45 minutes)

- Coordination as a measure of injury risk and health.
- Defining mobility and its importance.
- Understanding how to control center of mass.
- Research results on coordination and movement.

11:00 AM - 11:30 PM: Neuroplasticity and Movement Learning (30 minutes)

- Introduction to neuroplasticity and its relevance to movement.
- How neuroplasticity relates to teaching ground-to-stand movements.
- The "use it or lose it" concept.

11:30 PM - 1:00 PM: Ground-to-Stand Exercises: Practical Application (90 minutes)

- Demonstration and practice of prone-to-stand transitions.
- Demonstration and practice of supine-to-stand transitions.
- Emphasis on proper form, alignment, and safety.
- Coaching and feedback techniques.

1:00 PM - 2:00 PM: Lunch (1 hour)

2:00 PM - 3:00 PM: Ground-to-Stand Exercises: Seated and Kneeling (60 minutes)

- Demonstration and practice of seated-to-stand transitions.
- Demonstration and practice of kneeling-to-stand transitions.
- Progressive variations and modifications.
- Coaching and feedback techniques.

3:15 PM – 3:15 PM: Break (15 minutes)

3:10 PM - 4:00 PM: Archetypal Rest Postures and Recovery (45 minutes)

- Introduction to archetypal rest postures.
- Demonstration and practice of various rest postures.
- Benefits of rest postures for mobility and recovery.
- Coaching and feedback techniques.

4:00 PM - 4:15 PM: Integrating Ground-to-Stand and Rest Postures into Daily Life (15 minutes)

- Providing advice to clients for incorporating these movements.
- How to implement these exercises at home.

4:15 PM – 4:30 PM: Program Design and Q&A (15 minutes)

- Methods for including ground-to-stand movements in fitness programs.
- Open Q&A session.
- Course wrap-up, quiz and certificate distribution.

YOU WILL RECEIVE:

1. Course Manual (On Course Day)
2. Google Drive with video content of movements practiced
3. Certificate of Attendance

DRESS CODE

Fitness Attire

WHAT DO I NEED TO BRING

Pen, laptop/tablet

EDUCATOR

Tim Sunderland



Since 2015, Tim has been educating the next generation of fitness professionals. As the founder and head educator for True Technique Fitness, he has made a significant impact on the world of fitness education. His commitment to delivering high-quality education and training has helped shape the fitness community. Tim's areas of expertise lie in corrective exercise and high-performance strength training. He is

not just an educator; he's a practitioner who has positively impacted the lives of many. His ability to inspire and educate is what makes him a respected figure in the field, and his work continues to influence and shape the future of fitness and education.