



PRINCIPLE
FOUR
OSTEOPATHY



Strength Training For The Allied Health Professional

This is a 1 day course designed specifically for the allied health professional (osteopath, physiotherapist, chiropractor, exercise physiologist, myotherapist and personal trainer).

This course has been designed to introduce you to resistance training and the common strength and conditioning lifts performed by athletes and everyday gym goers. The day will take a look at movement screening, movement preparation, the 3 big lifts (squat, deadlift and bench press) and common accessory lifts.

WHO SHOULD ATTEND

- Osteopaths
- Physiotherapists
- Chiropractors
- Exercise Physiologists
- Myotherapists
- Personal Trainers.

TOPICS COVERED

- Provide understanding of basic strength and conditioning exercises.
- Understand terminology commonly used in strength and conditioning.
- Exercise Progressions & Regressions for the Squat, Deadlift and Upper Body.
- Apply and understand how to implement basic strength and conditioning exercises into the rehabilitation setting.
- Understand how strength and conditioning fits into rehabilitation to return to play pathway.

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| WHEN | Sunday 3rd April 2016 |
| WHERE | Elite Sports Performance, Warehouse 14, 2 Burleigh St, Spotswood, Melbourne. |
| TIME: | 9:00 - 5:15pm (registration starts at 8:30am). |
| PARKING: | Off street parking is available. |
| FOOD: | Lunch included, please bring your own water bottle and snacks. |
| INVESTMENT: | \$300 (inc GST). |



PRESENTERS

Martyn Girvan



Martyn has a degree in exercise science and a degree in psychology. Martyn has an extensive background in physical preparation in various sports at an elite level. Martyn was the Strength Coach for the Collingwood AFL Football Club from 2006 to 2014, highlighted by their 2010 premiership win.

Martyn is currently involved with the following sporting organisations:

- Performance Manager for the Malaysian National Track Cycling team (both sprint and endurance) based in Melbourne.
- Presenter to the Australian strength and conditioning association
- Martyn still competes at an elite level in powerlifting.

Find out more about Martyn and Elite Sports Performance @ <http://www.elitesportsperformance.com.au/>.

Heath Williams



Heath is an osteopath and level 2 accredited coach with the Australian Strength and Conditioning Association who works in private clinical practice who has an interest in movement assessment, exercise prescription and strength and conditioning. Heath currently lectures in exercise rehabilitation to osteopathy students at Victoria University.

Heath has carried out post graduate training in Functional Movement Systems, SFMA, Certificate Applied Functional Science (CAFS) and 3DMaps at the Gray Institute, Kettlebell training, powerlifting and much more.

Daniel Di Pasqua



Daniel has been part of the physical preparation staff at the Melbourne Storm NRL team since 2007 where he currently is the Head Strength Coach.

He has a Bachelor's Degree in Applied Science in Exercise and Sport Science (Deakin University) and has completed his Master's Degree in Exercise Science (Edith Cowan University).

He has also worked as a consultant to the Melbourne Rebels Rugby Union team along with several international sprint cyclists.

As a competitive powerlifter, he has Squatted 302.5kg, Benched 210kg and Dead-lifted 280 in the 90kg weight class. Daniel has been part of the Elite Sports

Performance team now for over 10 years, combining many years of practical experience in the field of elite sports with high level education to a wide spectrum of athletes and various backgrounds.

Daniel's main area of expertise is within strength/power development, long term athletic development from junior to elite, as well as return to play protocols following injuries."



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BOOK YOUR SPOT ON THE COURSE

Please email the completed registration form at the end of this document to info@principle4.com if you would like to book your place on the course.

PAYMENT DETAILS

Please make an electronic bank transfer into the following account:

Heath and Lucy Williams

BSB: 704-191

Account: 176874

Please write your name as the REFERENCE when making this payment.

PAYMENT

All payments are to be made by electronic transfer. We do not accept cheques or credit card payments.

All payments are to be made prior to attendance of the course.

A confirmation email will be sent to confirm your payment and place on the course.

TERMS & CONDITIONS

- The course will be limited to a maximum of 25 attendees.
- This course involves both theory and practical application for attendees.
- Please ensure that you dress appropriately so that you can participate in all activities.
- Participation in activities is not required to pass the course and all attendees will receive a certificate of attendance.

CANCELLATION POLICY

Registrants who have provided 6 weeks notice will be given the option of rescheduling to the same course on another date or can be refunded 75% of the course fees.

A 50% refund of the course fee will be paid to those who cancel with 4 - 6 weeks notice.

A 25% refund of the course fee will be paid to those who cancel less than 4 weeks before the scheduled course.

CONTACT DETAILS

If you have any questions or enquiries, please email or phone us at:

E: info@principle4.com

P: 03 9670 9290



Strength Training For Allied Health Professionals

REGISTRATION DETAILS

NAME _____

EMAIL _____

PHONE _____

ADDRESS _____

WORK ADDRESS _____

PROFESSION _____

WORK ENVIRONMENT Private Practice Education S&C/Sporting Team

S&C EXPERIENCE YES NO

COURSE LOCATION _____