

Course Information Sheet

Course Title: The Athletic Body in Balance

Course Description: Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. Athletic Body in Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of this approach through the performances of athletes in the NFL, NBA, NHL and WNBA. His methods will help you identify functional weaknesses; correct imbalances; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where your client's conditioning is breaking down and how to get their program back on track. Whereas other books concentrate simply on maximizing obvious strengths, Athletic Body in Balance focuses on exposing and overcoming weaknesses to form a foundation for long-term training gains. Learn how to maintain what your client's gain and build on their improvements. 222 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

After completing this course, you will be able to:

1. Understand how to create a conditioning program for an athlete based on their strengths and weaknesses
2. Learn how to identify and improve weak links to enhance performance
3. Analyze functional movement patterns to develop improved motor patterns.
4. Understand how injuries occur and how they may be prevented.
5. Understand the connection between the brain, muscles, and movement.
6. Learn how stability and mobility work together to create efficient movement.
7. Learn how to use a self movement screen to identify improper movement patterns
8. Learn balance and core training exercises to improve mobility and stability
9. Learn how to test for mobility and stability, strength and endurance, power, speed, and agility.
10. Understand progression models for improving athletic movements and improving performance.

11. Learn how training movement patterns and related drills can improve common movements seen in sport.
12. Comprehend how athletes and effective conditioning programs are more similar than different for different sports.
13. Learn how most strength and conditioning programs focus on the wrong aspects of movement.
14. Receive a step-by-step approach to analyze an athlete's fundamental movements, assess strengths and weakness, and proper ways to build an effective training program.

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards:
www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Instructor/Author Credentials:

Gray Cook is a physical therapist, board certified in orthopedics. He also is a certified strength coach with experience in several sports at the youth, college, and professional levels. Cook is a nationally recognized lecturer and consultant to the NFL, NBA, NHL, and WNBA as well as numerous college sports medicine and conditioning facilities. His innovative research and applied work are found in many rehabilitation and conditioning publications.

Cook is the director of orthopedic and sports physical therapy at Dunn, Cook & Associates. He also serves as the creative director of sport-specific training for Reebok® and is Reebok's® first master coach.

Gray Cook received his graduate degree in physical therapy education at the University of Miami School of Medicine with a focus on orthopedics and sports rehabilitation and research in motor learning. Cook is a faculty member of the North American Sports Medicine Institute and is the codeveloper of the course titled Functional Exercise Training and Rehabilitation. He lives in his hometown of Danville, Virginia.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards:
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Sponsors: N/A