

Course Information Sheet

Course Title: The Modern Art & Science of Mobility

Course Description: Mobility is the foundation for training and "The Modern Art and Science of Mobility" will teach you exercises to alleviate pain, improve posture, and release muscle tension for a more comfortable and enjoyable quality of life for your clients. Whether your client is a casual exerciser or an elite athlete, you will learn how to preserve and maintain their body with over 300 exercises designed to improve mobility, facilitate recovery, reduce pain, and activate muscles. Choose from over 50 progressive training routines that can be used as is or customized to target specific functional chains. You'll find exercise recommendations based on body region, activity, and primary goal, and you'll learn to incorporate a variety of techniques and popular equipment, including resistance bands, medicine balls, and stability balls. The textbook provides a stunning visual presentation with over 1,200 photos and 100 original illustrations. 211 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. Discuss how pain impacts movement.
 2. Identify common trigger points.
 3. Explain the guidelines of self-massage.
 4. Define the relationship between stress and breathing.
 5. Explain how breathing impacts the muscular system.
 6. Explain the steps to retrain the diaphragm.
 7. Identify strategies to train the respiratory system.
 8. List the muscle chains of the body.
 9. Identify agonist, antagonist, synergist, and neutralizer muscles.
 10. Compare and contrast open and closed kinetic chains.

Target Audience: Beginner/Intermediate/ Advanced

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: www.exerciseetc.com

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

Instructor/Author Credentials

Aurélien Broussal-Derval holds master's degrees in strength and conditioning, sport and rehabilitation, and performance engineering. He also has a degree in sport sciences from the National Institute of Sport and Physical Education (INSEP) in Paris, France. He is the author of *The Modern Art of High Intensity Training* and French best sellers *Modern Physique Training*, *Judo Physique Training*, *Proprioception*, and *Field Tests: Protocols for Measuring Sport Performance*. Highlights of Broussal-Derval's career as a strength and conditioning coach include his training of Olympic medalists, professional athletes, the French Olympic weightlifting team, the French boxing teams, and the British and Russian judo teams. He led research for France Volleyball for years and is the technical director to one of the world's premier martial arts studios, the prestigious Cercle Tissier in Vincennes. Today he is head of French Weightlifting Coaches Development. Broussal-Derval lives in Paris.

Stéphane Ganneau is a professional illustrator and graphic designer. After training in applied arts in Nantes, France, he launched his career in advertising and product design. After 15 years, Ganneau's independent spirit, need for creativity, and desire for challenge drew him away from industry work. He now merges his love for illustration with his passion for resistance training. His strong graphics, expressive lines, and vibrant colors result in a distinctive style that pairs perfectly with *The Modern Art of High Intensity Training* and now *The Modern Art and Science of Mobility*.

Contact Hours/CEUs/CECs: See our website for details: www.exercisetc.com

Sponsors: N/A