

Medical Fitness

Target group: Physiotherapist

On completion of the course you will be able to:

- Describe the training variables of different forms of resisted exercise
- Describe the advantages and disadvantages of various forms of resisted exercise
- Use physical fitness equipment and dumb-bells safely and properly, focusing on:
 - * Increasing the strength of various muscle groups
 - * Stimulating tissue recovery after muscle injuries
- Give resisted exercise with a partner
- Use isokinetic equipment therapeutically:
 - * Applying various therapeutic variables to it
 - * focusing on strength and tissue recovery

Content:

Theory

Exercise physiology

Training principles

Practice

Resisted exercise

Physical fitness

- use of apparatus

- training

Isokinetic training

Functional training