



# Core Stability Workshop



As part of the UCP Marjon lecture series this session will take place on

**Friday 1<sup>st</sup> July**  
**1300-1500**  
**£10.00**

### **Workshop topics will include:**

*Basic anatomy, key exercise techniques and a range of ideas for progressing core stability exercises for rehab or sports performance. Both theory & practical elements will be included.*

### **Target Audience**

*Fitness Instructors, Sports Coaches, PE Teachers, Personal Trainers, Graduates, BTEC/A-level/Fd degree students, experienced sports performers and exercisers, current UCP Marjon students.*

### **Forthcoming lectures in the series include:**

Working with Children

Initial assessment

Dealing with back pain

Advanced Resistance  
Exercises

Advanced Fitness  
Assessment

Assessing body  
composition

**For more information on this or future workshops**  
email [bjane@marjon.ac.uk](mailto:bjane@marjon.ac.uk) or [ahughes@marjon.ac.uk](mailto:ahughes@marjon.ac.uk)

**For bookings please contact UCP Marjon Sport on 01752 636876**