



# Exercise & Fitness Lecture Series



A series of 2 hour sessions throughout the year covering a number of topics

## 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.*

Date (provisional)	Session	Content
Fri 1 <sup>st</sup> July 2011 1pm-3pm	<b>Core Stability</b>	Theory & Practical. Basic anatomy, Key exercise techniques and a range of ideas for progressing core stability exercises for rehab or sports performers.
Fri 16 <sup>th</sup> Sept 2011 1pm-3pm	<b>Initial assessment</b>	Prior to starting any training programme an individual's needs must be identified. This session will look at Functional Movement Screening, field testing and lab methods of initial client assessment.
Fri 25 <sup>th</sup> Nov 2011 1pm-3pm	<b>Advanced Resistance Exercises</b>	This session will look at technique, equipment and adaptations that can be used to optimize a resistance training programme. Olympic lifting techniques, Suspension Training, Kettlebells and much more.
Fri 3 <sup>rd</sup> Feb 2012 1pm-3pm	<b>Dealing with back pain</b>	An introduction to working with clients that suffer from chronic back pain. UCP Marjon have been running a successful Back Gym for a number of years and this session will review the theoretical background to dealing with back pain and look at practical ideas that can be used with this client group.
Fri 23 <sup>rd</sup> Mar 2012 1pm-3pm	<b>Advanced Fitness Assessment</b>	This session will be focused on the assessment of aerobic fitness and using lab-based techniques will explore how practitioners can monitor and plan for effective training programmes.
Fri 11 <sup>th</sup> May 2012 1pm-3pm	<b>Assessing body composition</b>	Many professionals use assessments of body composition with their clients. This session will use a number of lab and field based methods to explore best practice in this area.
Fri 6 <sup>th</sup> Jul 2012 1pm-3pm	<b>Working with Children</b>	Whether it is working with young elite performers or trying to inspire more sedentary young people, an understanding of the implications of physiological maturation of children is essential.

**Venue:** UCP Marjon Sports Centre & Sport Science Lab

**Cost:** £10

*Places are limited so booking is recommended*

**For more information on any of these sessions**  
 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**