Current Concepts of Strength and Conditioning

This course is designed to instruct clinicians in current concepts of strength and conditioning to improve clinical strategies and to enhance their clinical toolbox. We welcome three dynamic speakers, experts in their respective fields, to lead the course participants in an exploration of exercise strength and conditioning paradigms. Attendees will learn new concepts which will be directly applicable to their clinical setting.

Saturday, April 24, 2010

7:30 am Registration/Continental Breakfast
8:15 am Lunch (on own)
10:15 am Break
12:00 pm Lunch (on own)
1:00 pm Mike Barwis Current Concepts of Strength and Conditioning
4:30 pm Adjourn

Our mission is to provide complete sports medicine services for orthopaedic related injuries and conditions. In addition, we will promote research and educational opportunities in sports medicine for our staff and students.

Complete location and hotel information will be sent upon registration.

Participants should be dressed in lab clothes that allow examination of the upper and lower extremity. Please alert the instructor if you have any medical conditions that may be a contra-indication to exercise.

MedSport Sports Medicine Program includes Orthopaedic Sports Medicine, Physical Therapy, Athletic Training Services and the Athletic Performance Center. This program provides services to area athletes at all levels; Olympic, professional, elite, collegiate, high school and recreational.

Registration Deadline: April 16, 2010

Course Fee: $175.00

Provider #P546

7 CEUs

Provider: Cindy Newcom
24 Frank Lloyd Wright Drive
P.O. Box 391
Ann Arbor, MI 48106-0391
Phone/Fax: (734) 930-7417/7416

UMHS MedSport retains the right to cancel the course at any time. UMHS MedSport is not responsible for expenses incurred in case of cancellation. Requests for refunds must be made in writing, 15 days prior to course date. Requests made less than 15 days prior to the course date are subject to $50 charge.
Current Concepts of Strength and Conditioning

Presented by

Mike Barwis
Paul Kijeck
Rob Lowe

April 24, 2010
Ann Arbor, MI

2010 MedSport Courses

May 14-15, 2010
Organizing Your Functional Toolbox: Key Concepts and Strategies in Functional Examination and Intervention

November 2010
APTA Credentialed Clinical Instructor Course

Instructors

Mike Barwis
Director of Strength and Conditioning for the University of Michigan, his past experience includes work at West Virginia University as well as Director of Strength and Conditioning for Olympic sports in 2000. He was one of 10 coaches to receive the 2002 Bronze Award from the NSCA certification commission. He earned his undergraduate degree in exercise physiology from the School of Medicine at West Virginia University and his master’s degree in athletic coaching with an emphasis in strength and conditioning. His discussion, Program Design (A Holistic Approach), will include balance/functional, upper and lower body plyometrics, core, warm-up speed drills, speed progressions, and agility breakdown.

Paul Kijeck
A certified kettlebell coach and competition judge, Paul is certified through the American Kettlebell Club/World Kettlebell Club and the International Kettlebell Fitness Foundation and is formerly RKC certified. He specializes in Kettlebell Sport and fitness training and the application of the Kettlebell Sport disciplines to sport specific strength and conditioning as well as injury prevention and rehabilitation. Discussion will include an introduction to Kettlebell Sport/Momentum Movements, Tools of the Trade & Their Differences, Fundamental Lifts & Assistance Exercises, Effects/Benefits Movement Modifications for Special Populations, and hands on practice & experimentation.

Rob Lowe
Strength & Conditioning Coach, London Ontario
- Coaching the adult population since 1984
- Coaching Athletes since 1978
- 16 years as a University Football Coach
- www.coachroblowe.com
Discussion will focus on strength exercises that meet the needs of the aging and forever injured baby boomer/weekend warrior, and adapting some of these exercises to meet the individual’s specific needs. Programming recommendations will be included along with a 90 minute demonstration in the MedSport Exercise and Performance Center.

Please visit our web site for future 2010 courses
http://www.med.umich.edu/medsport/