

Exercise Professional Education
Rethink Your Career by Rethinking Exercise™

Workshop Agenda by Hour

- 0800 - Introduction
- 0820 - Identify the dilemma of addressing client subjective and objective problems with their body as local sensation being interpreted as a local problem, therefore only a local intervention or solution is implemented.
- 0840 - What is a Body-View?
- 0900 - Bio-Motor Configurationalism
- 0930 - Somatic Sensation and Sensory Receptors
- 0940 - BREAK
- 0945 - Explore the hypothesis that there is a potential relationship between the quality of bio-motor control and physical sensations Excitation and Inhibition
- 1000 - Convergence and Divergence
- 1030 - Information flow creates changes, and sustains an internal body map How do sensations and bio-motor control issues derive?
- 1100 - Address the controversy surrounding non-licensed practitioners interacting with individuals with disease.
- 1130 - The logic of the relationship between Muscle Tension Quality, Bio-Motor Control Quality, Somatic Sensation, and Exercise.
- 1200 - LUNCH**
- 1300 - Morning Session Review
- 1330 - Prohabilitation™
- 1345 - Introduce the concepts and skills for becoming a Muscle System Specialist™
- 1400 - Qualitative vs Quantitative Analysis
- 1430 - Limitations of Qualitative Observation
- 1440 - BREAK
- 1445 - The Qualitative Manual Assessment of Motor Control
- 1545 - Decision Making
- 1645 - Closing Thoughts
- 1700 - Safety Recommendations
- 1730 - Workshop ends