



# MENTORSHIP ITINERARY

INTEGRITY BONDS US, HARD WORK MAKES US, PASSION DRIVES US



# WEEKS 1-4 SAMPLE SYLLABUS

## **WEEK 1: BREATHING MECHANICS**

We start the mentorship with the functional anatomy of the Thoracic spine, ribs, and the breathing musculature. This session will cover breathing mechanics and how this effects the body, including dysfunction and correct techniques/strategies.

## **WEEK 2: BRACING AND LUMBER SPINE.**

Building upon week one we move on to cover the functional anatomy of the lumber spine including the abdominal / bracing musculature. Including correct bracing strategy, exercise's and why this is so important, plus basic concepts around back pain and how you can support through exercise, programming and movement.

## **WEEK 3: SI JOINT, PELVIS AND HIP.**

We move down the body to the functional anatomy of the pelvis, SI joint and the hip. Understanding how this applies to movement / training and clients pain presentations, working through how this can be managed through exercise, programming and movement.

## **WEEK 4: FUNCTIONAL SLINGS**

This week is a collation of the last 3 weeks and introduces you to the key functional slings for pain free movement.



# WEEKS 5-8 SAMPLE SYLLABUS

## WEEK 5: HIP

Continuing to move down the body we go back over the hip in a lot more detail into the functional anatomy and mechanics of the structure. We looking into common pain complaints and how correct assessment and programming can help plus looking at the effect above and below the joint.

## WEEK 6: LOWER LIMB

This week finishes the lower limb looking at the knee joints functional anatomy, structure and function including the muscles of the thigh and lower limb. We will look at common pain complaints and how correct programming can help.

## WEEK 7: UPPER LIMB

This week we jump right back up the body to look at the Functional anatomy and structure of the shoulder girdle. Covering how to asses it, common movement dysfunctions and pain presentations.

## WEEK 8: UPPER LIMB CONTINUED

We build upon week seven and look at the assessments of the upper limb and look at what we can do to improve movement and pain through training and programming.

# WEEKS 9-12 SAMPLE SYLLABUS

## WEEK 9: POSTURE

This week we cover posture and what does this mean? In this lecture we also delve into what is mobility, stability, and flexibility, looking at how it's all linked. We will cover common misconceptions and ways we can help through exercise and programming.

## WEEK 10: BASICS OF EXERCISE MECHANICS

Basics of exercise mechanics, covering muscle physiology, line of force, points of flexion and terminology.

## WEEK 11: CARDIOVASCULAR SYSTEM

This week we look into the anatomy and function of the cardiovascular system. What is high blood pressure, what does it mean and why this is so important, plus what and why RHR is important. We finish looking at how this effects programming.

## WEEK 12: RESPIRATORY SYSTEM

This week we look at the anatomy and physiology of breathing, covering why we should care and how to assess and improve.



# WEEKS 13-16 SAMPLE SYLLABUS

## **WEEK 13: STRESS AND ANS**

This is a very complicated subject so in this lecture we will cover the very basics of the autonomic nervous system (ANS) and the negative effect chronic stress can have on the various systems within the body that we have covered plus more. We also look at how to assess, HRV and how this effects programming.

## **WEEK 14: CARDIO / CONDITIONING / ENERGY SYSTEMS**

This week we look at how we can improve health markers and fitness through the different methods of conditioning work.

## **WEEK 15: PROGRAM DESIGN: HISTORY TAKING / GOALS SETTING / ASSESMENTS.**

What to include in a client history and how to set goals bringing the last 15 weeks together with program design.

## **WEEK 16: HISTORY TAKING / GOALS/ ASSESMENTS AND PROGRAM DESIGN**

Week 16 is the final week where we will continue on from week 15 bringing it all together in program design and rounding up the mentorship.

