



POST
REHABILITATION
DIPLOMA

Introduction:

Stepahead post rehabilitation certificate part of the fitness expert diploma is designed to develop fitness specialist who are knowledgeable and skilled in post injury clients (amateurs and athletes) in order to make them back safe into sports activities and sports competition.



Description:

As the fitness and health care industries continue to evolve and new technologies surface, fitness professionals find themselves working with more clients with musculoskeletal, neurologic, and cardiovascular conditions. Bring in the skills and knowledge necessary to offer Post Rehabilitation Exercise services to clients and receive the recognition for being on the forefront of healthcare to your clients and those you serve!



Methods of Instruction:



- Lecture
- Seminar
- Written Assignments
- Group Projects
- Case Study Analysis
- Discussions
- Field Experiences
- Guest Speakers
- Attendance at professional meetings/events
- Volunteer opportunities

Job Opportunities

- Personal trainer
- Sports instructor
- Post re-habilitation specialist



Lecturers



- Fouad Gerges
- Bernard Breidy
- Marianne bou zeid
- Stephanie Bechwati

Topics:

- Structure and function of the lower and upper limb
- Muscle anatomy
- Design program for post rehabilitation joints injuries (ACL, tendinitis, shoulder dislocation)
- Design a post rehabilitation program for muscle tear (hamstring strain, achilles rupture, Back strain)
- Specific preparation during athletic injuries
- Post rehabilitation reconditioning athletic program
- Post rehabilitation re increasing fitness components
- Post rehabilitation aqua training
- Post injury mental preparation



PS: This diploma recommends completing 60 hours of internship.

Prerequisite: PERSONAL TRAINER DIPLOMA

THANK YOU

