

# ADVANCED PT COURSE

## VALEO ACADEMY

### DAY 1 - THURSDAY

|               |  |                     |             |
|---------------|--|---------------------|-------------|
| 08:30 - 09:00 | Course Registration  |                     |             |
| 09:00 - 09:30 | Introduction   |                     | Alin & Niko |
| 09:30 - 10:00 | A Systems Based Approach.<br>Why you cannot ignore Functional Neurology as a Movement Coach. | Education           | Niko        |
| 10:00 - 11:00 | Decoding the Proprioceptive System:<br>What is the missing link in corrective exercises?     | Education           | Niko        |
| 11:00 - 11:15 | BREAK  |                     |             |
| 11:15 - 12:15 | Warm Up: Old School vs. New School<br>And: Why you should skip Miniband Training.            | Education & applied |             |
| 12:15 - 13:15 | The role of the Cerebellum in Motor Learning   | Education           | Niko        |
| 13:00 - 14:00 | LUNCH BREAK  |                     |             |
| 14:00 - 15:00 | Testing & Retesting:<br>How to really build individual training programs.                    | Applied             | All         |
| 15:00 - 16:30 | Gate based strength. The better strategy compared to squatting, benching and deadlifting.    | Applied             | All         |
| 16:00 - 16:45 | BREAK  |                     |             |
| 16:45 - 18:00 | Testing the Cerebellum & Full List of Solutions.   | Education & applied | Niko        |

### DAY 2 - FRIDAY

|               |  |                     |      |
|---------------|--|---------------------|------|
| 09:00 - 11:30 | The Secret to Mobility and Strength: Full receptor testing.<br>And: why is the Medulla a key player for sensory input. | Education & applied | Niko |
| 11:30 - 11:45 | BREAK  |                     |      |
| 11:45 - 13:15 | Practical Session: Loaded mobility work & terminal flicks  | Applied             | Niko |
| 13:00 - 14:00 | LUNCH-BREAK  |                     | Niko |
| 14:00 - 15:00 | The Parietal Lobe: Integrating Visual Information<br>Using Eye Movements for joint motor control                       | Education & applied |      |
| 15:00 - 16:00 | Why Peripheral Vision Training is a game changer for Motor Control and as a skill for athletes.                        | Education & applied | Niko |
| 16:00 - 16:15 | BREAK  |                     |      |
| 16:15 - 17:30 | Movement Variety:<br>A secret tool for building stronger clients / athletes  | Applied             | Niko |
| 17:30 - 18:00 | Case Study   | Education           | All  |

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## VALEO ACADEMY

| DAY 3 - SATURDAY |   |                     |      |
|------------------|---|---------------------|------|
| 09:00 - 11:30    | Fixing problems with extension.<br>The Pons and the Vestibular System | Education & applied | Niko |
| 11:30 - 11:45    | BREAK   |                     |      |
| 11:45 - 13:00    | Intro to Sports Vision Training                                       | Education           |      |
| 13:00 - 14:00    | LUNCH BREAK   |                     |      |
| 14:00 - 15:00    | Psychology Basics.<br>How to find the true motivation in clients.     | Education           | All  |
| 15:00 - 16:30    | Movement Based Strength Practical.                                    | Applied             | All  |
| 16:00 - 16:45    | BREAK   |                     |      |
| 16:45 - 18:00    | The Neuroanatomy of Sports Vision Training                            | Education & applied | Niko |
| 18:00 - 18:15    | Brainstorming, Q & A  |                     | All  |

| DAY 4 - SUNDAY |  |                     |      |
|----------------|--|---------------------|------|
| 09:00 - 10:30  | Fixing Problems with Flexion:<br>The Midbrain and Eye Movements                                | Education & applied | Niko |
| 11:30 - 11:45  | BREAK  |                     |      |
| 10:30 - 13:00  | Saccades and Binocular Vision.<br>Key elements for performance in Sports                       | Education & applied | Niko |
| 13:00 - 14:00  | LUNCH-BREAK  |                     |      |
| 14:00 - 15:15  | Professionalism as a Trainer / Therapist. How so set a<br>Standard in an unregulated industry. | Education           | Niko |
| 15:15 - 15:30  | BREAK  |                     |      |
| 15:30 - 16:30  | Combining Vision Training with Strength and Energy<br>System Work                              | Applied             | Niko |
| 16:30- 17:00   | Final Wrap Up & Team Photo   |                     | All  |