

Strength Training and Coordination: An Integrative Approach – Frans Boch.

ועכשיו אצלנו, בתאריכים 6-8 יוני, ימים: ג', ד' ה בשעות 9:00-16:00 ביה"ס לפיזיותרפיה, אסף הרופא.

קורס חובה לכל פיזיותרפיסט העוסק באימון!

ספרו של פראנס בוש הינו ספר פורץ דרך אשר מעורר סערה בעולם האימון.

פראנס המאמן בעל היסטוריה של הצלחות יוצאות דופן עם ספורטאים. חשיבה וגישה מאוד שונים לתרגול, מרמת התרגיל ועד רמת תכנית האימונים.

מיועד ומתאים ליישום בשיקום ומאפשר הסתכלות שונה מאוד על תרגול וביצוע.

עלות לחבר עמותה: 750 ₪. עלות למי שאיננו חבר: 1100 ₪.

לתקנון ביטולים [לחץ כאן](#).

לרישום [לחץ כאן](#).

תכנית הקורס:

Day 1

Explaining the background theory of motor control of high intensity movement, based on self- organization principles

Morning 9-12

> constraint led approach

The currently dominant theory of motor control, unifying previous theories

> brain central and decentralized control

The theory that currently dominates practice (brain dominant models) and its shortcomings.

> degrees of freedom problem

The fundamental starting point of the (upcoming) theory of dynamic systems and how the degrees of freedom problem dominates contextual movement

> case studies

Small groups discussions of worst and best practice. Consequences for everyday practice of the theory so far.

Afternoon 13-16

> intention to action model

Overarching design principle for movement design. How we go in a non-linear way from intention to muscle action

> emergence of attractor fluctuation landscapes.

Contextual movement patterns are build upon principles of stability. Muscle properties and results of muscle cooperation are bottom up building blocks of these components of stability in movement design

> local self-organization and fascias

How can fascias contribute to decentralized control of the knee

> local self-organization and ACL injuries

How do properties of muscles protect the knee from ACL injuries

> injuries and motor control

How motor control changes due to injuries

> case studies

Small groups discussions. Consequences for everyday practice of the theory so far

Day 2

Explaining the background theory of motor control of high intensity movement, based on self- organization principles and on interaction with a complex environment (open skills)

Morning 9-12

> Searching for attractors in contextual movement (running). Self-organization of attractors in high speed running

Analysis of attractors (stability principles) in high speed running. Frequently occurring injuries due to poor technique

> Attractors in agility

Building blocks of open skill movement

Afternoon 13-16

> case studies

Small groups discussions. Consequences for everyday practice of the theory so far

> rehab protocols: Calf, Groin, Hamstrings

Single stressor protocols for back to play scenarios

Day 3

Explaining the background theory of motor learning of high intensity movement, based on current knowledge on feedback and strategies of intrinsic learning

Morning 9-12

> 2 control systems

Dual control system for motor control and how they influence each other. Structure of automated control from intention to action. Reinvestment and fear influencing motor control

> decentralized automated control & intention to action > feedback

Directing attentional focus, performance and result information. Theory of result information translated to dynamic systems control

> case studies

Small groups discussions. Consequences for everyday practice of the theory so far. Focus on feedback

Afternoon 13-16

> toolbox of intrinsic learning

Strategies for enhancing intrinsic learning. ± 8 tool explained that stimulate learning at a subconscious level

> case studies

Small groups discussions. Consequences for everyday practice of the theory so far. Focus on feedback

> Q&A and wrap up of the 3 day course