

## **Timetable James Moore – Creating Athletic Movement**

### **Day 1**

#### Chapter 1 Introduction: Theory of Creating Athletic Movement

- 09.15 - 10.00 Lecture - Applied biomechanics to critical thinking
- 10.00 - 10.45 Lecture - Tissue response and adaptation to loading
- 10.45 - 11.00 Morning Break

#### Chapter 2 Creating Athletic Movement @ The Shoulder

- 11.00 - 11.30 Lecture - The Paradox of movement: local vs. global, stability vs. mobility
- 11.30 - 13.00 Practical - Creating co-ordinated, integrated movement @ the shoulder
- 13.00 - 14.00 Lunch

#### Chapter 3 Creating Athletic Movement @ The Shank, Ankle-foot complex

- 14.00 - 15.00 Lecture - Tissue elastic stiffness: muscle vs. tendon vs. bone
- 15.00 - 15.15 Afternoon Break
- 15.15 - 17.15 Practical - Creating elastic capabilities @ the shank, ankle-foot complex

### **Day 2**

#### Chapter 4 Creating Athletic Movement @ The Knee

- 09.00 - 09.45 Lecture - What type of contraction do you want?
- 09.45 - 10.45 Practical - Creating forceful movement @ the knee
- 10.45 - 11.00 Morning Break
- 11.00 - 11.30 Practical - Creating forceful movement @ the knee

#### Chapter 5 Creating Athletic Movement @ The Spine

- 11.30 - 12.15 Lecture - Using fascia and ligaments for movement efficiency
- 12.15 - 13.15 Lunch
- 13.15 - 14.45 Practical - Creating efficient movement in non-contractile tissue @ the spine
- 14.45 - 15.00 Afternoon Break

#### Chapter 6 Creating Athletic Movement @ The Hip & Pelvis

- 15.00 - 15.45 Lecture - How to develop speed / high velocity movements
- 15.45 - 17.15 Practical - Creating explosive high speed movement @ the hip