

Aanvraag Accreditatie Bestand B

James Moore: Creating Athletic Movement

Bestand B: Globale inhoud, didactische werkwijze, aantal contacturen en zelfstudie-uren, wel of geen toetsing (en eventuele consequentie)

Globale inhoud

Timetable

Day 1

| Time | Description |
|------------------|---|
| 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

| Time | Description |
|------------------|---|
| 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 |

Didactische werkwijze

Hoorcollege, werkcollege en vaardigheden

Taxonomie Bloom: Begrijpen, Onthouden en Toepassen

Naar onze mening leidt dit tot het analyseren en evalueren van het eigen handelen.

Reflection on action en reflection in action.

Aantal contacturen

| | |
|---------|------|
| Dag 1: | 7,5 |
| Dag 2: | 7,75 |
| Totaal: | 15 |

Exclusief lunch

Er is geen voorbereiding nodig voor deelname aan de cursus

Toetsing

Er zal geen toetsing plaatsvinden