Programma Physio Bike Fit

| **LEVEL 1** | **LEVEL 2** |
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| **Lecture 1**| 45 minutes Epidemiology of Cycling Injury Systematic Review of Risk Factors for Overuse Injury  **Lecture 2** | 60 minutes Biomechanics of Cycling  **Lecture 3** | 60 minutes Mastering Cycling Load The Cycling Kinetic Chain  **Lecture 4**| 60 minutes Physio Bikefit – Theory  **Lecture 5**(Workshop 1) Interview & Body Assessment - Part 1  **Live Workshop 1**| 120 minutes *Physio Bikefit Workshop* Presented by Paul Visentini and Rodrigo Bini Friday 28 May 17:00-19:00 AEST (also Oct 2021) Recorded copy available | **Lecture 6** | 60 minutes A Model for Overuse Injury in Cycling (60mins)  **MODULE** Rehabilitation Principles in Cycling Injury  **Lecture 7**| 45 minutets Cycling Body Ax - Part 2  **Lecture 8** | 30 minutes The Squat Masterclass  **Lecture 9**| 30 minutes Complex Rehabilitation Theory Cycling Body Ax - Part 3  **Live Workshop 2**| 120 minutes *Cycling Body Part 2 & 3 + Q&A Session* Presented by Paul Visentini Saturday 29 May 16:00-18:00 AEST (also Oct 2021) Recorded copy available |