Professor Tron Krosshaug: Strength Training Biomechanics for Physiotherapists and Trainers

Day one

* 08:30 - 09:00: Registration with coffee and tea
* 09:00 - 10:15: Fundamental Biomechanics 1 (Theory)
* 10:15 - 10:30: Break with coffee and tea
* 10:30 - 12:30: Fundamental Biomechanics 2 (Theory)
* 12:30 - 13:30: Lunch
* 13:30 - 14:00: Introduction to Practical
* 14:00 - 15:00: Optimising Exercises (Practical)
* 15:00 - 16:00: Optimising Exercises Group Assignment (Practical)
* 16:00 - 16:15: Break with coffee and tea

Day two

* 08:30 - 09:00: Welcome day two with coffee and tea
* 09:00 - 10:00: Advanced analysis of exercises
* 10:00 - 11:00: Effects of anthropometrics
* 11:00 - 11:15: Break with coffee and tea
* 11:15 - 12:30: Critical appraisal of the research on strength training exercises
* 12:30 - 13:30: Lunch
* 13:30 - 14:00: Introduction to Practical
* 14:00 - 16:00: Effective training without weights
* 16:00 - 16:15: Break with coffee and tea
* 16:15 - 17:30: Discussion (theory)