



WEST-ISLAND

The YMCA of Greater Montreal
Continuing Education Program Presents:

Corrective Conditioning

Specialty Course

Contents:

This 40-hour theoretical and practical specialty course will provide you with the tools required to evaluate and train clients according to their individual needs. This course includes postural assessment, muscle and joint testing, and the application of basic functional tests. These skills provide the trainer with a more accurate blueprint for the strength and conditioning needs of his/her clients. Athletic, injured, and de-conditioned clients will benefit greatly from corrective conditioning programs.

Pre-Requisites : YMCA FIT Phase II / III in Individual Conditioning or Equivalent. This course will be offered in English.

Presenters:

Louise Malone [B.Phys.Ed.], teaches in the Department of Kinesiology at McGill University and oversees the Adult Fitness Department at the Ben Weider YM-YWHA. She holds a Bachelor's Degree in Physical Education, and a Certificate in Sports Therapy. Louise has presented numerous seminars and conferences for CAN-FIT PRO, CAIA, and YMCA. Louise also teaches classes in consumer nutrition & weight management, and has published several articles related to fitness & nutrition.

Raphael Jabbour [B.Sc., C.A.T. CHEK II], is a certified athletic therapist and a CHEK practitioner. Raphael treats and trains a wide scope of athletes. His clients span from Olympic National Level Judo athletes to your average weekend warrior. Raphael combines his background of sports medicine and rehab to provide a corrective conditioning approach to his clients.

Dates:

Monday Evenings	January 10th – March 14th	19:00 - 22:00
Saturday(s)	January 15th & February 19th	9:00 - 15:30
Anatomy Review Tutorial:	January 8th (optional)	9:00 - 13:00

Location: West-Island YMCA

230, boul. Brunswick, Pointe-Claire, Quebec, H9R 5N5
Attn : Christopher Laurin, *Program Director*
Tel : (514) 630-9864 ext. 236; Fax : (514) 630-9868

A minimum number of participants is required to offer the course. Please register early.

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REGISTRATION FORM

To register, please return this form with payment before January 7th, 2005 to the attention of Christopher Laurin

NAME: _____ **Corrective Conditioning**

ADDRESS: _____

CITY: _____ PROV: _____ CODE: _____

TEL.: (H) _____ (W) _____ **(taxes included in price)*

Date of Birth: (mm/dd/yy) _____ / _____ / _____

Credit Card: VISA / MC # _____ Exp. Date: _____