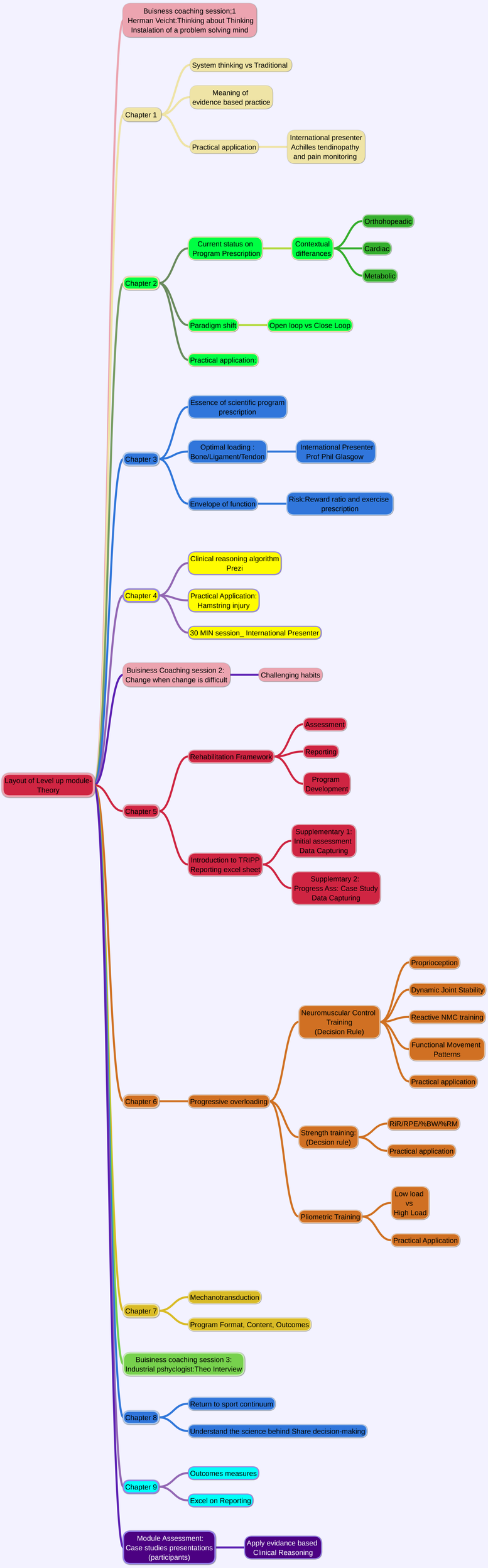
miMind


Layout of Level up module- Theory
Buisness coaching session;1 Herman Veicht:Thinking about Thinking Instalation of a problem solving mind
Chapter 1
System thinking vs Traditional
Meaning of evidence based practice
Practical application
International presenter Achilles tendinopathy and pain monitoring
Chapter 2
Current status on Program Prescription
Contextual differances
Orthohopeadic
Cardiac
Metabolic
Paradigm shift
Open loop vs Close Loop
Practical application:
Chapter 3
Essence of scientific program prescription
Optimal loading : Bone/Ligament/Tendon
International Presenter Prof Phil Glasgow
Envelope of function
Risk:Reward ratio and exercise prescription
Chapter 4
Clinical reasoning algorithm Prezi
Practical Application: Hamstring injury
30 MIN session_ International Presenter
Buisiness Coaching session 2: Change when change is difficult
Challenging habits
Chapter 5
Rehabilitation Framework
Assessment
Reporting
Program Development
Introduction to TRIPP Reporting excel sheet
Supplementary 1: Initial assessment Data Capturing
Supplemtary 2: Progress Ass: Case Study Data Capturing
Chapter 6
Progressive overloading
Neuromuscular Control Training (Decision Rule)
Proprioception
Dynamic Joint Stability
Reactive NMC training
Functional Movement Patterns
Practical application
Strength training: (Decsion rule)
RiR/RPE/%BW/%RM
Practical application
Pliometric Training
Low load vs High Load
Practical Application
Chapter 7
Mechanotransduction
Program Format, Content, Outcomes
Buisiness coaching session 3: Industrial pshyclogist:Theo Interview
Chapter 8
Return to sport continuum
Understand the science behind Share decision-making
Chapter 9
Outcomes measures
Excel on Reporting
Module Assessment: Case studies presentations (participants)
Apply evidance based Clinical Reasoning