

ADVANCE CORE STABILITY

Date: Tuesday,
November 16, 2004

Time: 5:45 pm to
10:00 pm

Location:
Simon Fraser University
Burnaby, B.C.

Maggie Benston Centre
Room 2294 / 2296

Cost:

Student and BCAA / BCRPA members \$32
Student Non-BCAA / BCRPA members \$40
BCAA / BCAA members \$48
Non - BCAA / BCRPA members \$56

Moving Core Stability to the Next Level

Purpose:

The importance of core stabilizing muscles in the health and rehabilitation of lower back and pelvis has been well documented. After mastering the basics and key concepts of core stability, it is important to continually challenge the core stabilizing muscles in order to prevent injuries or re-injury while performing in work, life or play.

What you will learn:

1. Advance core stability exercises that utilize free weights, body weight and balance.
2. Advanced stability ball exercises that challenge the individual on a variety of levels.
3. How to use resistance equipment to provide options for traditional exercises.
4. How to apply the exercises learned to specific case studies.

To register: - e-mail info@healingthroughmovement.com
- online at: www.healingthroughmovement.com

Continuing Education Credits: 4.0 BCAA / 4.0 BCRPA / 4.0 CMTBC / CSEP 3 PDC

This workshop is open to the public.

Profile of Instructor

Rick Kaselj, B.Sc.(Kinesiology), Cert. H&F, ACE, RK

Rick specializes in active rehabilitation and fitness. He has worked in one-to-one active rehabilitation and group rehabilitation with people who have been injured at work, motor vehicle accidents and during sport. Rick has personally trained a wide variety of individuals and lead group fitness classes for healthy and special populations.

Rick has combined his work experience and passion for research to develop a variety of workshops . They include courses on core stability, stability ball exercises, shoulder stabilization, better golf and postural assessment .

