

ADVANCED EXERCISE & PHYSICAL LITERACY: Transitioning into Clinical Practice



October 28-30th, 2016
Friday 6:00-9:00pm
Saturday 8:00am-4:00pm
Sunday 8:00am-1:00pm

Course Objectives

- Improve exercise repertoire by exploring the use of the highest quality advanced exercise equipment
- Have the opportunity to develop knowledge, skills, and attitudes related to the principles of physical literacy and how it applies to a therapeutic setting
- Further knowledge of advanced exercise principles for in-clinic use
- Be comfortable with the selection and design of circuit training with clients
- Discover the application of direct therapeutic intervention with the use of a test/retest mindset via physical literacy
- Be able to employ basic application of neuromuscular education principles
- Explore both upper and lower quadrant exercises with common pathology related focus
- Integrate exercise prescription principles
- Understand, apply, and adapt recovery strategies in a therapeutic setting

Pure Lifestyle
Physiotherapy &
Fitness Clinic
1129 Empress Street
Winnipeg, MB

+ SPC Members \$400
CPA Members \$425
Non-CPA Members \$450

Registration Deadline:
October 14th, 2016
Limited to 25 participants

Registration Link:
(copy & paste me)
<https://goo.gl/forms/QLxTXuXpYVe2jrKc2>

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with...
**Jean-François
Bérard!**

(MCISc, BMR-PT,
BSc, CEP, FCAMPT)

Instructor Biography:

Jean-François Bérard is part owner and head therapist at Pure Physiotherapy. He graduated in 2008 from University of Manitoba, immediately starting his own practice in a private-gym setting and soon after, becoming a certified exercise physiologist. He also graduated in 2012 with a Masters of Clinical Science from the University of Western Ontario and became a FCAMPT. Throughout his career, he has enjoyed guest lecturing at the College of Rehabilitation Sciences, acting as the performance trainer for up to 9 different sport teams through Sport Manitoba, presenting at various events namely, the International Physical Literacy Conference, as well as being a learning facilitator for Coaching Association Canada.

