



# Functional Speed Training for the Healthcare Provider and Fitness Professional

## Course Schedule

Day 1	Topic
7:30 – 8:00 AM	Registration
8:00 – 8:15 AM	Introduction
8:15 – 9:15 AM	Multidirection and Acceleration Lecture <ul style="list-style-type: none"> <li>• Identify why proper acceleration is the key to improving speed</li> </ul>
10:15 – 11:45 AM	Multidirection and Acceleration Lab <ul style="list-style-type: none"> <li>• Cues and Corrections</li> </ul>
11:45-12:15 PM	Max Speed Lecture
12:15-1:00 PM	Max Speed Lab <ul style="list-style-type: none"> <li>• Cues and Corrections</li> </ul>
1:00-2:00 PM	LUNCH
2: 00 PM – 3:30 PM	Application in a Physical Therapy, Athletic Training, or Sports Performance setting <ul style="list-style-type: none"> <li>• Aerobic and Anaerobic Energy systems</li> <li>• Programming with strength training and conditioning</li> </ul>
3:30 PM – 4:00 PM	Review