

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Adv Certificate in Corrective Exercise & Injury Prevention

Practitioner Level



LAPT — London Academy of Professional Training

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Reference FT-WCE-P • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-WCE-P
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1

Anatomy and Physiology for Corrective Exercise

5 chapters · 30 classes65 marks

• 1 Understanding Human Anatomy in Exercise Contexts — 6 classes

› 1.1 Explore the Basic Structure of the Human Skeletal System

› 1.2 Identify Key Muscle Groups and Their Functions

› 1.3 Understand Joint Mechanics in Human Movement

› 1.4 Analyze the Role of the Nervous System in Exercise

› 1.5 Examine the Cardiovascular System's Response to Physical Activity

› 1.6 Apply Anatomical Knowledge to Corrective Exercise Techniques

• 2 Musculoskeletal System Dynamics — 6 classes

› 2.1 Understanding Musculoskeletal Anatomy

› 2.2 Exploring Joint Function and Movement

› 2.3 Analyzing Muscle Mechanics

› 2.4 Identifying Common Musculoskeletal Injuries

› 2.5 Applying Biomechanics in Corrective Exercise

› 2.6 Designing Injury Prevention Strategies

• 3 Neuromuscular Function and Coordination — 6 classes

› 3.1 Understanding the Basics of Neuromuscular Function

› 3.2 Exploring Motor Units and Muscle Contraction

› 3.3 Analyzing the Role of the Nervous System in Coordination

› 3.4 Identifying Common Neuromuscular Disorders

› 3.5 Techniques for Enhancing Neuromuscular Coordination

› 3.6 Applying Neuromuscular Principles to Corrective Exercise

• 4 Physiology of Exercise and Adaptation — 6 classes

› 4.1 Exploring the Cardiovascular Response to Exercise

› 4.2 Understanding Muscular Adaptations in Response to Training

› 4.3 Examining Respiratory Changes During Physical Activity

› 4.4 Investigating Metabolic Adaptations to Endurance Exercise

› 4.5 Analyzing the Nervous System's Role in Exercise Adaptation

› 4.6 Applying Knowledge of Exercise Physiology to Injury Prevention Strategies

• 5 Pathophysiology and Injury Mechanisms — 6 classes

› 5.1 Understanding Pathophysiology: Foundation of Injury Prevention

› 5.2 Identifying Common Musculoskeletal Injuries

› 5.3 Exploring Mechanisms of Injury in Exercise

› 5.4 Analyzing Risk Factors for Muscle and Joint Injuries

› 5.5 Applying Corrective Exercise Strategies to Mitigate Injury

› 5.6 Evaluating Outcomes of Corrective Exercise Interventions

• 1 Understanding Human Movement and Biomechanical Principles

— 6 classes

- › 1.1 Exploring the Fundamentals of Human Movement
- › 1.2 Analyzing Joint Functions and Their Roles
- › 1.3 Identifying Key Muscle Groups in Movement
- › 1.4 Understanding Biomechanical Forces and Their Impact
- › 1.5 Applying Movement Analysis in Real-World Scenarios
- › 1.6 Integrating Biomechanical Principles into Injury Prevention

• 2 Kinematic Analysis of Movement Patterns — 6 classes

- › 2.1 Understanding Kinematics: An Introduction to Motion Analysis
- › 2.2 Analyzing Linear and Angular Kinematics in Human Movement
- › 2.3 Exploring Speed, Velocity, and Acceleration in Athletic Performance
- › 2.4 Identifying Movement Patterns: Techniques and Tools
- › 2.5 Evaluating Joint Angles and Their Role in Functional Movements
- › 2.6 Applying Kinematic Analysis: Case Studies in Injury Prevention

• 3 Kinetic Analysis and Force Dynamics — 6 classes

- › 3.1 Understand the Fundamentals of Force in Human Movement
- › 3.2 Explore Kinetic Chains and Their Role in Movement Efficiency
- › 3.3 Analyze Forces and Their Impact on Joint Stability
- › 3.4 Evaluate Ground Reaction Forces in Various Activities
- › 3.5 Examine Muscle Force Production and Lever Systems
- › 3.6 Apply Force Dynamics to Injury Prevention Strategies

• 4 Movement Dysfunctions and Biomechanical Deviations — 6

classes

- › 4.1 Understanding Movement Dysfunctions: Key Concepts and Definitions
- › 4.2 Identifying Biomechanical Deviations: Common Patterns and Causes
- › 4.3 Analyzing Gait: Detecting Movement Abnormalities
- › 4.4 Assessing Range of Motion: Testing and Measurement Techniques
- › 4.5 Evaluating Muscle Imbalances: Identifying Weaknesses and Overcompensations
- › 4.6 Applying Corrective Interventions: Strategies for Improving Movement Efficiency

• 5 Applying Corrective Strategies in Exercise Design — 6 classes

- › 5.1 Understanding Biomechanical Assessment for Injury Prevention
- › 5.2 Identifying Common Movement Dysfunction Patterns
- › 5.3 Analyzing Client Movement with Corrective Exercise Concepts
- › 5.4 Designing Customized Corrective Exercise Programs
- › 5.5 Implementing Techniques to Enhance Movement Quality
- › 5.6 Evaluating and Modifying Exercise Interventions for Effectiveness

• 1 Foundations of Client Assessment in Corrective Exercise — 6

classes

- › 1.1 Understanding the Fundamentals of Corrective Exercise
- › 1.2 Identifying Movement Dysfunctions in Clients
- › 1.3 Conducting a Comprehensive Postural Assessment
- › 1.4 Analyzing Functional Movement Patterns
- › 1.5 Utilizing Assessment Tools to Pinpoint Imbalances
- › 1.6 Developing Individualized Corrective Exercise Plans

• 2 Utilizing Assessment Tools and Techniques — 6 classes

- › 2.1 Understanding the Role of Assessments in Corrective Exercise
- › 2.2 Identifying Key Assessment Tools for Client Evaluation
- › 2.3 Practicing Functional Movement Screening Techniques
- › 2.4 Analyzing Client Data to Identify Movement Dysfunction
- › 2.5 Integrating Assessment Findings into Programmes
- › 2.6 Evaluating the Effectiveness of Corrective Exercise Interventions

• 3 Analyzing Assessment Outcomes and Identifying Corrective Needs — 6 classes

- › 3.1 Understanding Assessment Outcomes in Injury Prevention
- › 3.2 Identifying Key Indicators of Corrective Needs
- › 3.3 Analyzing Movement Patterns for Common Dysfunction
- › 3.4 Utilizing Assessment Tools to Guide Program Design
- › 3.5 Prioritizing Corrective Needs Based on Assessment Data
- › 3.6 Designing Tailored Corrective Exercise Programs

• 4 Designing Effective Corrective Exercise Programs — 6 classes

- › 4.1 Understanding Movement Patterns in Corrective Exercise
- › 4.2 Identifying Common Postural Deviations
- › 4.3 Assessing Range of Motion and Flexibility
- › 4.4 Analyzing Muscle Imbalances and Weaknesses
- › 4.5 Designing Tailored Corrective Exercise Interventions
- › 4.6 Evaluating the Effectiveness of Corrective Exercise Programs

• 5 Integrating Progressions and Client Adaptations — 6 classes

- › 5.1 Understanding Client Progressions: Concepts and Importance
- › 5.2 Analyzing Client Adaptations: Identifying Key Factors
- › 5.3 Implementing Progressive Overload: Techniques and Strategies
- › 5.4 Tailoring Exercise Programmes: Customizing Based on Assessments
- › 5.5 Evaluating Client Progress: Methods and Metrics
- › 5.6 Adjusting Programmes for Adaptations: Continuous Improvement

• 1 Understanding Movement Dysfunctions — 6 classes

- › 1.1 Identifying Common Movement Dysfunctions
- › 1.2 Analyzing Biomechanical Patterns
- › 1.3 Recognizing Symptoms and Risk Factors
- › 1.4 Assessing Functional Movement Screens
- › 1.5 Implementing Corrective Strategies
- › 1.6 Evaluating Improvement and Progress

• 2 Posture and Muscle Imbalance Analysis — 6 classes

- › 2.1 Understanding Postural Alignment in Corrective Exercise
- › 2.2 Identifying Common Muscle Imbalances in Clients
- › 2.3 Analyzing the Impact of Poor Posture on Movement
- › 2.4 Assessing Posture with Visual and Physical Cues
- › 2.5 Investigating the Causes of Muscle Imbalance
- › 2.6 Applying Corrective Techniques for Optimal Posture

• 3 Corrective Exercise Strategies — 6 classes

- › 3.1 Understanding Corrective Exercise and Its Importance
- › 3.2 Identifying Common Muscle Imbalances
- › 3.3 Assessing Postural Deviations
- › 3.4 Developing Individualized Corrective Exercise Programs
- › 3.5 Implementing Flexibility and Mobility Techniques
- › 3.6 Evaluating Progress and Adjusting Plans

• 4 Implementing Flexibility Training — 6 classes

- › 4.1 Understanding the Principles of Flexibility Training
- › 4.2 Identifying Common Flexibility Impairments
- › 4.3 Exploring Techniques for Assessing Flexibility
- › 4.4 Applying Dynamic Stretching Techniques
- › 4.5 Implementing Static Stretching Methods
- › 4.6 Designing Individualized Flexibility Training Programs

• 5 Advanced Techniques in Corrective Neuromuscular Training — 6 classes

- › 5.1 Understanding Neuromuscular Dysfunctions
- › 5.2 Assessing Muscle Imbalances and Weaknesses
- › 5.3 Utilizing Activation Techniques for Muscle Engagement
- › 5.4 Applying Integration Exercises for Neuromuscular Efficiency
- › 5.5 Developing Advanced Proprioceptive Training Strategies
- › 5.6 Implementing Personalized Corrective Exercise Programs

• 1 Fundamentals of Injury Prevention — 6 classes

- › 1.1 Understanding the Importance of Injury Prevention
- › 1.2 Identifying Common Risk Factors for Injuries
- › 1.3 Analyzing the Role of Biomechanics in Prevention
- › 1.4 Developing Risk Assessment Skills
- › 1.5 Implementing Effective Preventative Strategies
- › 1.6 Evaluating the Success of Injury Prevention Plans

• 2 Biomechanics and Risk Assessment — 6 classes

- › 2.1 Understanding Basic Biomechanics Concepts
- › 2.2 Identifying Common Biomechanical Risk Factors
- › 2.3 Analyzing Movement Patterns for Injury Prevention
- › 2.4 Conducting Risk Assessment in Physical Activities
- › 2.5 Utilizing Biomechanics in Designing Safe Exercise Programs
- › 2.6 Applying Corrective Strategies to Mitigate Risks

• 3 Designing Safe Exercise Programs — 6 classes

- › 3.1 Recognizing Common Exercise-Related Injuries
- › 3.2 Understanding the Principles of Safe Exercise Design
- › 3.3 Assessing Individual Risk Factors for Injury
- › 3.4 Integrating Injury Prevention into Program Design
- › 3.5 Modifying Exercises for Safety and Effectiveness
- › 3.6 Evaluating and Monitoring Exercise Programs for Safety

• 4 Advanced Techniques in Corrective Exercise — 6 classes

- › 4.1 Understanding Core Principles of Corrective Exercise
- › 4.2 Identifying Common Movement Dysfunctions
- › 4.3 Implementing Postural Assessment Techniques
- › 4.4 Designing Individualised Corrective Programmes
- › 4.5 Techniques for Enhancing Movement Quality
- › 4.6 Applying Corrective Strategies for Injury Prevention

• 5 Implementing Injury Prevention Strategies — 6 classes

- › 5.1 Understanding Injury Risk Factors
- › 5.2 Analyzing Movement Patterns for Injury Prevention
- › 5.3 Developing Customized Warm-Up Routines
- › 5.4 Integrating Strength and Flexibility Training
- › 5.5 Implementing Recovery Strategies Effectively
- › 5.6 Assessing and Adjusting Prevention Plans

• 1 Understanding Client Needs in Correctional Exercise — 6 classes

- › 1.1 Identifying Client Correctional Exercise Needs
- › 1.2 Conducting a Comprehensive Needs Assessment
- › 1.3 Analyzing Movement Dysfunction Patterns
- › 1.4 Setting Client-Centric Corrective Goals
- › 1.5 Developing a Personalized Correctional Plan
- › 1.6 Building Effective Client Communication Strategies

• 2 Building Effective Communication Strategies — 6 classes

- › 2.1 Understanding the Basics of Effective Communication
- › 2.2 Identifying Barriers to Successful Client Interaction
- › 2.3 Developing Active Listening Skills
- › 2.4 Enhancing Non-Verbal Communication Techniques
- › 2.5 Practicing Empathy in Client Conversations
- › 2.6 Applying Communication Strategies in Real-World Scenarios

• 3 Developing Personalized Exercise Plans — 6 classes

- › 3.1 Understanding Client Needs and Goals
- › 3.2 Assessing Fitness Levels and Medical History
- › 3.3 Identifying Corrective Exercise Priorities
- › 3.4 Designing Custom Exercise Programs
- › 3.5 Implementing Safety and Modifications
- › 3.6 Evaluating and Adjusting Exercise Plans

• 4 Implementing Client Feedback and Monitoring Progress — 6 classes

- › 4.1 Understanding the Importance of Client Feedback
- › 4.2 Techniques for Collecting Effective Client Feedback
- › 4.3 Analyzing and Interpreting Feedback for Client Growth
- › 4.4 Developing Strategies for Addressing Client Concerns
- › 4.5 Tracking Client Progress Over Time
- › 4.6 Adjusting Exercise Plans Based on Client Progress

• 5 Managing Client Expectations and Professional Boundaries — 6 classes

- › 5.1 Understanding Client Needs and Expectations
- › 5.2 Establishing Clear Communication Channels
- › 5.3 Defining Professional Boundaries in Client Relations
- › 5.4 Strategies for Managing and Adjusting Client Expectations
- › 5.5 Handling Challenging Client Interactions Effectively
- › 5.6 Implementing a Feedback Loop to Enhance Client Satisfaction