



CORE STRENGTH AND STABILITY COURSE DESCRIPTION

The Spin City Anatomy and Physiology course aims to give you a good foundation of basic anatomy and physiology knowledge showing you how you can apply this to pole and aerial training.

This course is theory-based with no practical elements to submit. It's suitable for all certified pole and aerial instructors, as well as pole and aerial students who are interested in expanding their theoretical knowledge.

COURSE UNITS

UNIT 1: Anatomy and Physiology – what and why?

UNIT 2: The Science of Warming Up

UNIT 3: The Science of Cooling Down

UNIT 4: Bones

UNIT 5: Joints

UNIT 6: Muscles

UNIT 7: Nerves

UNIT 8: Energy Systems

COURSE REQUIREMENTS

You will need:

- access to the internet via a PC, laptop, or mobile device
- a minimum of 1 hours' study/training time per week (to complete the course within the 1-year deadline)

COURSE ASSESSMENT

This course has a theory assessment only; questions related to each unit of the course and are multiple choice, or short answers.

You will have 1 year from the date you are enrolled onto the course to complete the online study and assessment.

Available online only, see www.spincityinstructortraining.com for pricing.

Questions about the course? Email spincitymentor@gmail.com