

ADVANCED PT COURSE

VALEO ACADEMY

| DAY 1 - THURSDAY | | | |
|------------------|--|---------------------|-------------|
| 08:30 - 09:00 | Course Registration | | |
| 09:00 - 09:30 | Introduction | | Alin & Niko |
| 09:30 - 10:00 | A Systems Based Approach. Why you cannot ignore Functional Neurology as a Movement Coach. | Education | Niko |
| 10:00 - 11:00 | Decoding the Proprioceptive System: What is the missing link in corrective exercises? | Education | Niko |
| 11:00 - 11:15 | BREAK | | |
| 11:15 - 12:15 | Warm Up: Old School vs. New School And: Why you should skip Miniband Training. | Education & applied | |
| 12:15 - 13:15 | The role of the Cerebellum in Motor Learning | Education | Niko |
| 13:00 - 14:00 | LUNCH BREAK | | |
| 14:00 - 15:00 | Testing & Retesting: How to really build individual training programs. | Applied | All |
| 15:00 - 16:30 | Gate based strength. The better strategy compared to squatting, benching and deadlifting. | Applied | All |
| 16:00 - 16:45 | BREAK | | |
| 16:45 - 18:00 | Testing the Cerebellum & Full List of Solutions. | Education & applied | Niko |

| DAY 2 - FRIDAY | | | |
|----------------|--|---------------------|------|
| 09:00 - 11:30 | The Secret to Mobility and Strength: Full receptor testing. And: why is the Medulla a key player for sensory input. | Education & applied | Niko |
| 11:30 - 11:45 | BREAK | | |
| 11:45 - 13:15 | Practical Session: Loaded mobility work & terminal flicks | Applied | Niko |
| 13:00 - 14:00 | LUNCH-BREAK | | Niko |
| 14:00 - 15:00 | The Parietal Lobe: Integrating Visual Information Using Eye Movements for joint motor control | Education & applied | |
| 15:00 - 16:00 | Why Peripheral Vision Training is a game changer for Motor Control and as a skill for athletes. | Education & applied | Niko |
| 16:00 - 16:15 | BREAK | | |
| 16:15 - 17:30 | Movement Variety: A secret tool for building stronger clients / athletes | Applied | Niko |
| 17:30 - 18:00 | Case Study | Education | All |

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| DAY 3 - SATURDAY | | | |
|------------------|---|---------------------|------|
| 09:00 - 11:30 | Fixing problems with extension. The Pons and the Vestibular System | Education & applied | Niko |
| 11:30 - 11:45 | BREAK | | |
| 11:45 - 13:00 | Intro to Sports Vision Training | Education | |
| 13:00 - 14:00 | LUNCH BREAK | | |
| 14:00 - 15:00 | Psychology Basics. How to find the true motivation in clients. | Education | All |
| 15:00 - 16:30 | Movement Based Strength Practical. | Applied | All |
| 16:00 - 16:45 | BREAK | | |
| 16:45 - 18:00 | The Neuroanatomy of Sports Vision Training | Education & applied | Niko |
| 18:00 - 18:15 | Brainstorming, Q & A | | All |

| DAY 4 - SUNDAY | | | |
|----------------|--|---------------------|------|
| 09:00 - 10:30 | Fixing Problems with Flexion: The Midbrain and Eye Movements | Education & applied | Niko |
| 11:30 - 11:45 | BREAK | | |
| 10:30 - 13:00 | Saccades and Binocular Vision. Key elements for performance in Sports | Education & applied | Niko |
| 13:00 - 14:00 | LUNCH-BREAK | | |
| 14:00 - 15:15 | Professionalism as a Trainer / Therapist. How so set a Standard in an unregulated industry. | Education | Niko |
| 15:15 - 15:30 | BREAK | | |
| 15:30 - 16:30 | Combining Vision Training with Strength and Energy System Work | Applied | Niko |
| 16:30- 17:00 | Final Wrap Up & Team Photo | | All |