



Changing the way we MOVE

## Pre Course Information

### Course Aims

- To promote participant awareness of the causes/effects of musculo-skeletal injury
- To offer opportunities for participants to analyse their own movement pattern
- To promote efficient movement strategies
- To offer opportunity for participants to improve their own health and well-being

### Course Objectives

- Participants will gain skills/knowledge conducive to implementing individual risk analysis
- Participants will be aware of high risk movements
- Participants will be aware of Laws/Regulations involved in manual handling
- Participants will develop problem solving skills

### Arriving at the Course

Unless otherwise informed, participants should arrive at the course, ready for a **9:30am start**.

### Attire

- Please wear comfortable, non-restrictive clothing
- Please wear flat shoes, or be prepared to remove your shoes

### Injury Questionnaire

All participants will be asked to complete an Injury Form on arrival to the Course.

### Course Agenda/Format

The structure of each Course may vary a little, to allow the day/s to be more appropriate to your needs. A general overview of the Course includes:

- Musculo-skeletal injury—cause and effect
- The Neuromuscular Approach to Human Movement®
- Assisted, self-analysis of *your* movement pattern
- Manual Handling Laws and Regulations
- High Risk Moves
- Risk Assessment
- Demonstrated and supervised practical sessions
- Neuromuscular Conditioning®