
MENTORSHIP PROGRAMME



SYLLABUS

Level 1 of the mentorship is centred around movement analysis and the implications on programme design. In the first 12 weeks you will be covering:

- Introduction to Biomechanics
- Movement Patterns & Structural Integrations
- Breathing & Bracing Mechanics
- Individualising Movement Mechanics
- Foot, Ankle & Knee Mechanics
- Shoulder & Neck Mechanics

Each week you will be sent a new video to watch on the topic. There will be a weekly Q & A each Wednesday evening at 8pm to go through any questions you may have.

In the event you miss the Q & A, it will be sent to you the next day so you can watch again in your own time

INTRODUCTION TO BIOMECHANICS

We do not move simplistically in a linear fashion. Human movement is achieved through changes in position of all 3 planes at the same time. When a muscle may be lengthening in one plane, it may be shortening in another.

The introduction to the mentorship includes a breakdown of each biomechanical plane and how it correlates to breathing, movement and exercise. I discuss key concepts which will be imperative for understanding all elements of movement principles going forward.

By the end of this module you will have a comprehensive understanding of how biomechanical planes accompany each other and how this relates to exercise selection and breathing strategies.

MOVEMENT PATTERNS & STRUCTURAL INTEGRATIONS

In this three part series, we will be looking at the structures which make up the human body and how it achieves movement. We explore the role of fascia, connective tissue and muscle co-contractions in creating stability whilst we train.

These concepts will help you understand how to load clients in the appropriate way and how your exercise selection changes different stabilisation strategies.

By understanding the principles in this module, you will be able to address client instabilities and movement issues through exercise prescription and a more detailed thought process behind exercise design.

BREATHING & BRACING MECHANICS

Breathing is essential for efficient movement. When we breathe incorrectly, our body will find ways of compensating which leads to tightness, immobilisation and eventually pain. This can all be addressed via the breathing.

When subjecting the spine to heavy loads, it's imperative we know how to breathe and brace. When bracing, we are looking to achieve a specific "feeling" which compresses the spine in to a safe position so that the superficial muscles can act as levers to create movement. When this doesn't happen and loading is mismanaged, spinal injuries can occur.

This module explains the physiology behind bracing and how you can apply it to your coaching.

INDIVIDUALISING MOVEMENT MECHANICS

In this part of the mentorship, we'll be looking at how structure and a person's body type individualises their biomechanics and makes exercise different for them.

In this four part series, we'll be investigating how training history, rib cage size, pelvic type and much more impacts your exercise selection and training methods with an individual. In the Q & A's, we'll be going through case studies of how there are no good or bad exercises, but more so more and less applicable given the individual.

This module is where most coaches start to understand why their exercise selection is successful and why other movements haven't worked well in the past.

JOINT MECHANICS

Finally we look at the mechanics of the main joints of the body and considerations that need to be made. Here we'll explore the foot, knee and ankle, plus the shoulder and neck. I explain how movement is achieved at the joint how dysfunction can occur.

This will also be in conjunction with anatomy tutorials going through the major muscles in the body.

INVESTMENT

Each package can be purchased via a monthly subscription or paid for in a 3 month block.

Group coaching calls are every Wednesday at 8pm. Anyone who is unable to attend the Q & A will get a recording sent to them to watch back in their own time.

There are no pre-requisites to do the course, however a passion for exercise and biomechanics is essential. If you do not have time to invest into the programme, please consider your application in more depth.

GROUP COACHING

INVESTMENT: £150 PER MONTH DIRECT DEBIT

UPFRONT COST: £400 FOR 12 WEEKS