

● THE MENTORS



2-DAY SPORTS PERFORMANCE COURSE: BRAM SWINNEN METHOD



BRAM SWINNEN

About This Course :

After this course professional will have a better biomechanical insight and more knowledge of sport-specific training than any trainer or physical therapist.

Date and Place :

1-2 April 2023
DUBAI

Contact Us :

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REPs & DHA Accreditation under process

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WHY DO YOU NEED THIS COURSE?

On this course Bram Swinnen takes you along for 14-hours journey where you will experience translation from theory to evidence-based practice.

Limited Seats

Register NOW!

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ABOUT THE INSTRUCTOR:



Bram Swinnen holds master's degrees (KU Leuven) in physical education and physiotherapy.

He is the author of **Strength training for Soccer** (2016)

He is a world authority on Velocity Based Training and Sport Specific Brain Training.

He is known for his capacity to transform individual athletes and teams.

He currently works as a High Performance coach at football club **KRC Genk** who are leading the league, he is the Expert Coach for the ASICS Tennis Academy and he teaches his methodology in 2-Day Performance Courses.



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COURSE OVERVIEW:

In this course Bram Swinnen will handle topics such as:

- Horizontal force production
- Velocity based training
- Program design & periodisation
- Ballistics & plyometrics
- Biomechanical function & exercise selection
- Brain training
- Prehab & activation



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LEARNING OBJECTIVES:

- The professional integrates these insights into a coherent image with regard to Performance Training
- The professional is able to test and implement these insights in his/her own practice
- The professional learns to link theory to practice. He/she can act evidence-based and at the same time is able to implicitly offer this exercise material
- The professional learns to apply 'Bram Swinnen Method' in a sport-specific context.
- The professional is better able to estimate the objective and intensity of the exercises in function of the methodology and to demonstrate in practice

