



THE MENTORS
HEALTHCARE COURSES



جامعة الخليج الطبية
GULF MEDICAL UNIVERSITY
ACADEMIC HEALTH CENTER

كلية العلوم الصحية
COLLEGE OF HEALTH SCIENCES

MAT-LEVEL 1

MOVEMENT ASSESSMENT TECHNOLOGIES

Data-Driven Assessment, Treatment & Training

**Stop Guessing And Start Measuring Using
The World's Number 1 Assessment Tool**

- ◆ Live 2-day course + BONUS lifetime access to our MAT level 1 online course
- ◆ A FREE MAT



STEPHEN KING

- MAT Founder
- Physiotherapist/Osteopath/Trainer

DATE

15-16 JULY

FEE

AED 2600

VENUE

**University of Health Sciences,
Gulf Medical University, Ajman**

DHA & MOHAP CME Credits Under Process

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LEARNING OBJECTIVES

What Will You Learn In Our MAT Courses?

In MAT Level 1, you'll learn the stuff that you didn't learn at uni and a revolutionary new approach to assessment, including:

- 30+ NEW MAT assessments for the lower limb, spine and upper limb that will help you improve your assessment skills and you will be able to use the very next day!
- How to use the MAT to SET BASELINE MEASUREMENTS and make highly accurate decisions and TRACK THE PROGRESSION of your patients and clients over time to help ensure that they reach their goals.
- The LATEST EVIDENCE around movement assessment + rehabilitation so you can take your assessment and exercise prescription to the next level.
- How The MAT can help you take the guesswork out of determining when your patients or athletes can have the best chance of RETURNING TO SPORT safely.
- How The MAT can help you determine whether your treatment or training plan is effective for your individual patients and clients.



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- How to MEASURE all 3-DIMENSIONS of any movement in a way you have never been able to before and revitalise your practice.
- A framework for developing flexibility and strength in your clients AND HOW TO MEASURE THE RESULTS!
- How to use the 10 principles of NEUROPLASTICITY to create meaningful changes in your patient's and client's training plans including better balance and movement control.
- How the MAT can help you INCREASE BUY IN into your treatment + training plans, improve your outcomes and INCREASE YOUR REBOOKINGS ensuring your patients and clients reach their goals.
- How The MAT can help you stand out from other therapists and trainers and create a POINT OF DIFFERENCE to get more people through your door.





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COURSE INCLUSIONS AND OVERVIEW

The MAT helps you move beyond traditional assessments by allowing movement to be assessed, as it should be, in upright tasks and functional movements using the latest evidence-based tests, including:

- Star Excursion Balance Test (SEBT)
 - Y-Balance test (YBT)
 - Weight Bearing Lunge Test (WBLT)
 - Hop + Jump tests
 - Squats tests
 - Lunge tests
 - Closed Kinetic Chain Upper Extremity Test (CKCUET)
 - Upper Quarter Y-Balance Test (UQYBT)
 - Star Excursion Sitting Test (SEST)
 - Standing Long Lump
- and many, many more Functional Performance Tests**





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INSTRUCTOR BIO

Stephen King

- Founder The Mat
- Physiotherapist
- Osteopath & Strength Trainer



Steve's passion is helping health and fitness professionals around the world enhance their decision making and improve their treatment and training plans through the use of objective data, ensuring better outcomes, improved decision making and operating more profitable businesses.

Now, after training thousands of health and fitness professionals around the world on our evidence-based assessment, treatment and training methods at MAT, Steve knows there is a way to improve all of these frustrations with OBJECTIVE DATA and the latest technology.

His personal goal is to objectify all assessments health professionals perform and help one million patients and clients each day, through health and fitness professionals using MAT's objective data strategies and his industry changing AxIT technology.

In his spare time, Steve speaks at conferences and consults worldwide with athletes suffering with lower limb injuries and sit on several sports medicine boards while he continuing to develop the latest evidence-based courses and assessment tools, which will help transform your knowledge and enhance your understanding of the human body through objective data, narrowing the gap between his two loves, the health and fitness professions





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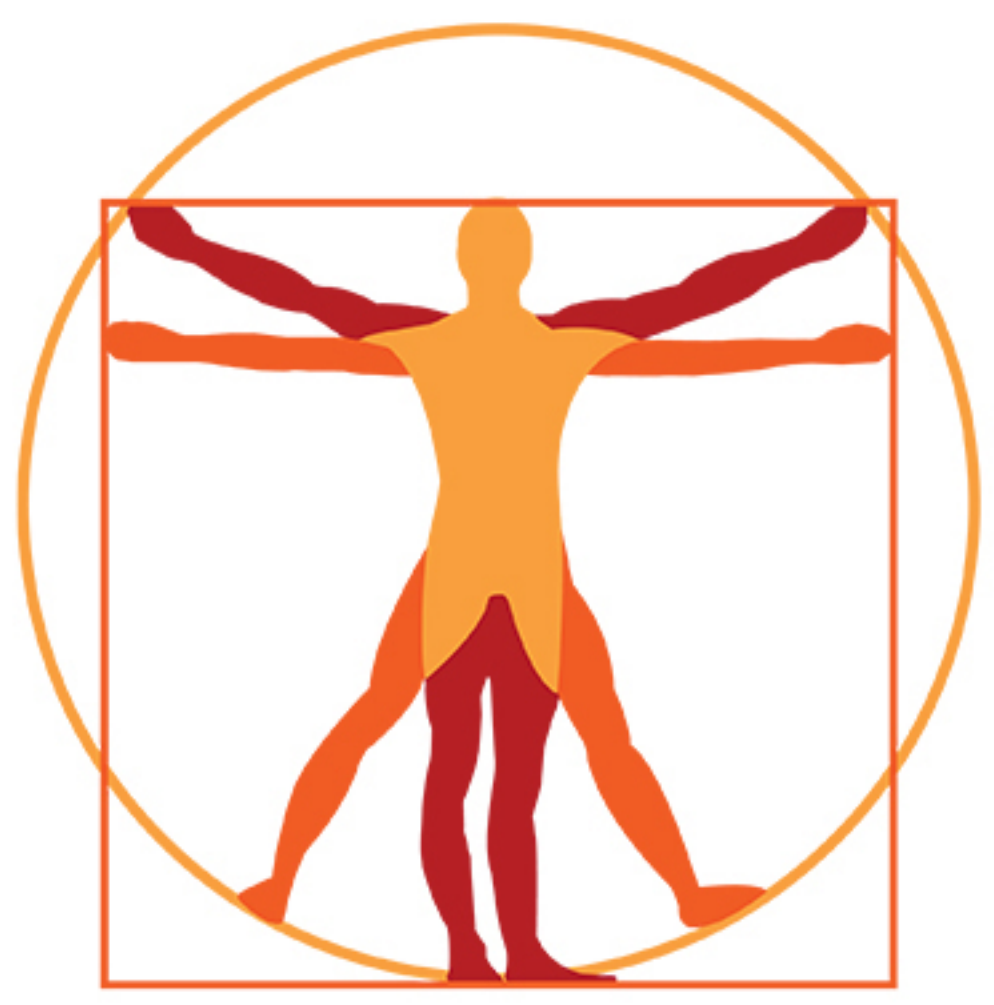
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COURSE AGENDA

Date: 15-16 JULY
DAY 1

TIMINGS	TOPICS
8:00 – 8:30 am	Registration
8:30-9:30 am	The First Steps in Your Journey to Mastering Objective Assessment
9:30-10:30 am	Assessing The Foot and Ankle
10:30 - 10:45 am	Coffee Break
10:45 -11:45 am	Assessing The Foot and Ankle (continued)
11:45 am - 12:45 pm	Assessing The Knee
12:45 – 1:45 pm	Lunch break
1:45 - 2:45 pm	Assessing The Knee (continued)
2:45 – 3:45 pm	Assessing The Hip + How to Fully Assess The Lower Limb
3:45 – 4:00 pm	Coffee Break
4:00 – 5:00 pm	Assessing The Spine
5:00 – 6:00 pm	End of Day Discussion and Review





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DAY 2

TIMINGS

8:00 – 8:30 am

8:30-9:30 am

10:30 - 10:45 am

10:45 -11:45 am

12:45 – 1:45 pm

1:45 - 2:45 pm

3:45 – 4:00 pm

4:00 – 5:30 pm

5:30 – 6:00 pm

TOPICS

Registration

Assessing The Shoulder

Coffee Break

Beginning The MAT Treatment and Training Process

Lunch break

Beginning Strength and Conditioning

Coffee Break

Case Studies

End of day review and Certificate distribution

YOU HAVE THE POWER TO
HELP MORE PEOPLE WITH
OBJECTIVE DATA AND

THE MAT