



CPD Master

Functional anatomy and the mechanics of motion

Course Guide

Thank you your interest in the Functional anatomy and the mechanics of motion CPD Master course with Amac. Within this course guide, you will find information on the different parts of the course. If you need further information then visit our website or ring 01227 831 840 or via email on info@amactraining.co.uk.

Course

Level 3 Functional anatomy and the mechanics of motion

Pre requisites

Over 18

Level 3 Fitness Instructor qualification

Course Overview

This master CPD course looks at the mechanics and anatomy of human movement, with emphasis on the musculo-skeletal system and how its various components interact to promote efficient and effective movement.

The course aims to break down difficult theoretical concepts into everyday English, with continuous practical application to the fitness professional role. In so doing, you will grasp these important concepts and their implications for exercise, which you can start incorporating into your professional practice.

REPs points

On successful completion of the course and assessment, you will be awarded 16 REPs points following successfully completion of the course.



01227 831 840

www.amactraining.co.uk





Format

Prior to the course (approximately 2 weeks) you will be sent some pre-reading material via email. This largely consists of revision material of the anatomy and physiology content at level 3. Allow a few hours to remind yourself; you won't be required to submit any work related to this pre-reading.

Attend a 2 day course

After the course, take a short online quiz to generate your certificate.

Content

- ✓ Biomechanical concepts such as:
 - Forces
 - Stability
 - Momentum and impulse
 - Angular momentum
 - Movement analysis.

- ✓ Functional anatomy involves an in-depth look at all the major joints, to include:
 - Structure – bones, joints & articulations, ligaments & muscles
 - Function – how the various components interact to produce smooth & coordinated movement.
 - Dysfunction – when things go wrong!

Assessment

Following the 2 day course, you will be given access to an online area to take a short multiple-choice online quiz. Once you have achieved a minimum pass mark of 70%, you will be able to print off your own certificate showing 16 points awarded. You will have access for a period of 90 days so it's no problem if you need to attempt the quiz again.

Certification

Level 3 Amac Certificate in Functional anatomy and the mechanics of motion



Tutor: Dave Lee BSc MSc PGCE CSCS MIHPE

Dave started coaching sports and martial arts in 1991 and soon joined the fitness industry working as a gym and circuit instructor. He then moved into personal training and GP exercise referral, whilst picking up experience (and qualifications) working with different client groups (such as children and older adults). His main interests lie in functional anatomy and kinesiology, sports conditioning, special populations, exercise physiology and exercise psychology. He is a very experienced tutor who has worked in both further and higher education for many years. He has also worked for many awarding bodies as an external verifier/moderator, examiner, consultant and author.