

ADVANCED ANATOMY AND EXERCISE FUNDAMENTALS

A COLLEGE LEVEL ADVANCED ANATOMY AND BIOMECHANICAL COURSE FOR ALL FITNESS PROFESSIONALS

ABOUT THIS COURSE

Fred the Skeleton Talks Anatomy with Susie G.

A Four Module Video Distance Learning Course that teaches the entire body Head to Toe:

Module 1 - Spine & Breath

Module 2 - Shoulders, Arms and Hands

Module 3 - Pelvis, Hips, Legs and Feet

Module 4 - Body Typing and Exercise Foundation Set-Up

- A Muscle and Bone Spreadsheet Provided to fill out and learn each Origin, Insertion site and Muscle Action.
- A College Textbook, *The Thieme's Atlas of Anatomy* Textbook and an Anatomy flash card set, *Trail Guides to the Body*, are used to study and get to know the body.
- Applied Kinesiology inspired by the Pilates Method Alliance requirements for the NCPT Exam.
- Remedial work for each joint line taught in conjunction with the Anatomy.

ABOUT THE INSTRUCTOR

Susie Gorman Green holds a Master's of Science from University of Tennessee. Susie is a Master Teacher Trainer for AAI/ISMA & The Pilates Sports Center. She is a Master Personal Trainer and a Pilates Method Alliance Certified Teacher as NPCT/CPT.

More about Susie at www.trainingbysusieg.com

**FOR MORE INFORMATION
& TO REGISTER, CONTACT:**



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