



## Corrective Exercise Program Design

Corrective Exercise Program Design teaches fitness professionals how to develop and implement effective corrective exercise programs from a client's very first session all the way through to goal attainment. It also includes case studies featuring actual clients to demonstrate The BioMechanics Method<sup>®</sup> corrective exercise program design process.

### **In this course you will learn:**

- Important insights into client motivation and behavior
- Communication strategies for working with clients who have corrective exercise needs
- How to conduct successful corrective exercise consultations
- Variables that can positively or negatively influence corrective exercise program outcomes
- How to design individual corrective exercise sessions and a complete corrective exercise program
- About maintaining your scope of practice with regard to corrective exercise services

### **Corrective Exercise Program Design contains:**

- *Corrective Exercise Program Design* digital text material
- *Corrective Exercise Program Design* videos
- *Corrective Exercise Program Design* online tests

Corrective Exercise Program Design is Module 5 of The BioMechanics Method<sup>®</sup> Corrective Exercise Specialist course available through NETA. It is available for purchase as a standalone course to enable students to learn about how to design successful corrective exercise programs for clients while also providing an affordable option for those interested in earning a Corrective Exercise Specialist credential (i.e., TBMM-CES). The remainder of the TBMM-CES course components, which are also available through NETA, includes:

- The Fundamentals of Structural Assessment
- Understanding Muscles and Movement
- The Fundamentals of Corrective Exercise
- The Complete Corrective Exercise Library

The BioMechanics Method<sup>®</sup> Corrective Exercise Specialist course is a step-by-step learning program. It is recommended that the course modules be completed in order to optimize the learning experience. If you choose to complete all five components of the program, you will receive a certificate signifying your competency as a Corrective Exercise Specialist from The BioMechanics Method.

This online course contains digital text material, step-by-step video instruction and demonstrations, client assessment forms, self-check activities, and online tests. Online courseware is non-refundable. The digital text materials included with this course are not printable unless labeled as such.