



ATHLETIC SCREENING & PROGRAMME DESIGN

Reducing Injury Risk & Aiding Performance

Facilitator

Simon Noad is a Chartered Physiotherapist who has a background in Sports & Exercise Medicine, Manual Therapy and Exercise Prescription. Working for West Bromwich Albion Football Club ensures that Simon remains up to date with the current research base and continuously uses athletic screening tools. He is also a guest lecturer at Coventry University and has experience in both the sporting and private sectors.

Course outline

The role of the physiotherapist continues to evolve in the sporting and recreational arena. It is now widely accepted that physiotherapists in these settings should be implementing individualised injury prevention strategies to reduce injury rates and maximise athletic potential. It is therefore important to be able to assess a client's motor patterning, proprioception, lumbopelvic stability, relevant flexibility etc... and create an intervention plan to enhance these physical attributes.

This 1 day course provides the opportunity for clinicians to develop the knowledge and skills required to undertake a screening of an individual or squad, analyse the results and create specific treatment or exercise programs. Current screening methods will be discussed and critiqued with the aim of clustering specific, evidence based assessments together. This will allow the physiotherapist to perform a screening that assesses multiple physical attributes and link these together to produce a comprehensive injury prevention programme.

This is an evidence based workshop with strong practical elements. It is ideal for clinicians currently working or looking to work with athletes of a variety of ages and abilities.

Information for venues:

- The cost for the participant will be: £110 for MACP members £120 for non-members.
- This is the cost for 2015 and will be reviewed annually.
- There is one free space available to whoever organises the course locally. In addition, one further free space will be offered if more than 20 delegates book onto the course.
- If a venue fee is incurred the minimum number of people required to run the course may increase. The minimum number of delegates required to qualify for an additional free place may also increase.
- The course requires a minimum of 11 bookings to enable the MACP to cover expenses and will be cancelled 6 weeks prior to the commencement of the course if this number has not been reached.
- If the course requires air travel for the lecturers the prices quoted / number of bookings required will need to be adjusted to reflect the additional costs.
- What the MACP Provides:
 - Tutors for delivering the courses:
 - Pays the accommodation for the tutor(s)
 - Pays tutors(s) travel
 - Administers the course, taking all bookings and sending all applicants pre- course information
 - Refreshments (tea/coffee/biscuits)
 - Advertising in: MACP website and social media sites, MACP newsletters.
 - One copy of a flyer that you may use to circulate and advertise the course.
 - A list of names of those who have booked prior to the course for registration.
 - CPD certificates (online)
- You will need to provide:
 - A large room with moveable seating with enough space for participants to split into pairs with enough space between to so each pair is not disturbed by others.
 - AV equipment (data projector)
 - Provide us with local information re directions how to get to venue, parking, local accommodation list.
 - Someone on the on the day to deal with local venue organization (AV, putting up signs, providing refreshments, information about where to get lunch, registering delegates, locking up etc.