

Functional Training for Adaptive Athletes

Course Outline

1. Module 1 - Overview
 - Course Introduction (8:09)
 - Introduction to Functional Movement (3:43)
 - Introduction to Movement Principles (7:16)
 - Coaching the Adaptive Athlete (6:47)
 - Principles of Adapting Movements (6:41)
2. Module 2 - Lower Limb Impairments
 - Condition Overview (16:48)
 - Adaptations: Squat (14:15)
 - Adaptations: Hinge (10:28)
 - Adaptations: Push & Pull (7:28)
 - Adaptations: Carry (6:05)
 - Additional Notes & Red Flags (3:52)
3. Module 3 - Upper Limb Impairments
 - Condition Overview (12:51)
 - Adaptations: Push (13:32)
 - Adaptations: Pull (10:04)
 - Adaptations: Squat & Hinge (9:44)
 - Adaptations: Carry (5:55)
4. Module 4 - Wheeled Athletes
 - Condition Overview (24:51)
 - Adaptations: Squat (3:23)
 - Adaptations: Hinge (7:42)
 - Adaptations: Push (6:55)
 - Adaptations: Pull (4:52)
 - Adaptations: Carry (2:59)
 - Additional Notes & Red Flags (3:54)
5. Module 5 - Athletes w/ Invisible Wounds
 - Condition Overview (12:55)
 - Adaptations: Squat (5:39)
 - Adaptations: Hinge (6:06)
 - Adaptations: Push & Pull (8:43)
 - Adaptations: Carry (4:30)
 - Additional Notes & Red Flags (6:08)