



ICE Level 2 - Corrective Exercise Certification



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The second stage of the Integrated Corrective Exercise program, Corrective Exercise Certification will provide the tools to conduct dynamic and static assessments as well as upper and lower limb kinetic chains. The purpose of this stage is to develop participant skills in conducting postural and musculoskeletal assessments and implement appropriate corrective strategies. We also aim to expand the participants repertoire of corrective and functional exercises with and without Swiss Balls.

The mediball Certification is a pre-requisite of this course.

75 CEU'S

15 CEC'S

Workshop 1 - Course Content

- Ice floor work stability sequence
- Musculoskeletal observation and assessments for spinal stabilisation and muscle imbalances
- ICE floor work (vertical) exercise for spinal stabilisation and muscular sling activation
- Introduction to ICE Swiss Ball stability sequence (vertical)
- ICE Swiss Ball stability sequence observations and assessments
- Introduction to ICE Swiss Ball flexibility sequence
- Postural Platform Corrective Exercise Focus
- Integration of floor work and Swiss Ball stabilisation plus Swiss Ball flexibility exercises
- Exercise applications for cervical, thoracic, lumbar and pelvic function
- ICE floor work and Swiss Ball assisted corrective exercise applications
- Musculoskeletal pathologies and the implications of exercise
- ICE exercise selection and planning principles
- Education strategies for client/patient compliance

Duration

Attendance for the full duration of the Unit is compulsory for certification. This Unit is a 1 Day program (8 hours) including a lunch break.

Competency Assessment

At the completion of this Unit of study, students will be required to complete a multiple choice examination based upon the competencies covered in the workshop.

Workshop 2 - Course Content

- Ice floor work dynamic stability sequence
- Principles of ICE strength training
- Introduction to cables, free weights, medicine balls & Bodyblade
- ICE strength sequence
- Postural Platform Corrective Exercise Focus (cont.)
- Exercise applications for cervical, thoracic, lumbar and pelvic function
- Integration of floor work and Swiss Ball exercise applications
- Musculoskeletal pathologies and the implications of exercise (cont.)
- ICE exercise selection and planning principles (cont.)
- Education strategies for client/patient compliance (cont.)

*"I left with practical skills I could
apply immediately"*

Matthew Farley, Personal Trainer

Duration

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Competency Assessment

At the completion of this Unit of study, students will be required to complete a multiple choice examination based upon the competencies covered in the workshop.

Certification

At the completion of the course and sufficient achievement of competencies, each graduate will receive a Certificate of Competency.



AGSHSS Workshop at RMC Duntroon, Canberra.

