



Integrated Corrective Exercise Program Outline

Welcome to the Australian Graduate School of Health and Sports Science Integrated Corrective Exercise (ICE) program. Corrective exercise is the fastest growing area of health and fitness. Developed by Australian exercise kinesiologists the ICE program has enjoyed sell-out attendances in Hong Kong, Singapore and Australian capital cities.

The program provides the health and fitness professional with university researched theoretical and applied corrective exercise strategies which will enhance client performance and accelerate patient rehabilitation. Education units are delivered in a multidisciplinary format giving a informative and integrated approach to exercise application.

The ICE program is made up of three core certifications, each certification contains two units of study. Each unit is one day duration. The Certifications are:



LEVEL 1 - Structural Analysis & Corrective Strategies Certification

Workshop 1 - Musculoskeletal Assessment
Workshop 2 - Advanced mediBall Applications

LEVEL 2 - Corrective Exercise Certification

Workshop 1 - Musculoskeletal Biomechanics
Workshop 2 - Corrective Exercise

LEVEL 3 - Integrated Stability Training Certification

Workshop 1 - Exercise Selection & Planning
Workshop 2 - Integrated Stability Applications

"Excellent presenters who showed experience, passion, patience & sincerity in sharing their knowledge. A+"

Chin Chih Yung - Strength & Conditioning Coach

LEVEL 1 - Structural Analysis & Corrective Strategies Certification

The first stage of the Integrated Corrective Exercise program, Structural Analysis & Corrective Strategies Certification will provide practical skills and related scientific knowledge required to effectively assess your client's functional capacity to exercise on a swiss ball and instruct in a range of swiss ball exercises. It is our aim to give participants a strong foundation on which to build their understanding, practice and instruction of swiss ball exercises by providing a large practical component and a variety of models and techniques to conduct assessments.

A certificate in health or fitness modality is a pre-requisite of this course.

"Structural Analysis Certification delivers a very good introduction on the importance of stability exercises."

Sharifah Shwikar - Physiotherapist



LEVEL 2 - Corrective Exercise Certification

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 participants skills in conducting postural and musculoskeletal assessments and implement appropriate corrective strategies. We also aim to expand participants repertoire of corrective and functional exercises with and without swiss balls.

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

"The best core stability workshops for Personal Trainers that will revolutionise the way they train their clients"

Terence Lim - Personal Trainer



LEVEL 3 - Integrated Stability Training Certification

The final stage of the Integrated Corrective Exercise program, Integrated Stability Training Certification is the capstone of the ICE program and will provide a variety of balance tools and systems for participants to tailor functional programs for individual clients. The final stage will integrate the theory and skills developed throughout the program to apply in a practical manner.

The mediBall Certification and Corrective Exercise Certification are pre-requisite of this course.

"It gave me a deep insight and knowledge about core muscles; how to strengthen target muscles and prevent injuries."

Antoinette Chang - Mind & Body Trainer