



ICE Level 3 - Integrated Stability Training Certification



Pro Fitter

Level 3 - Integrated Stability Training Certification

The final level 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-requisites to this course.

75 CEU'S
7 CEC'S

Workshop 1 - Course Content

- ICE floor work dynamic sequence principles of ICE power training
- Introduction to advanced stability training equipment
- Introduction to duraBoard™, duraDisc™, airRoller™, cycloneBall™, Bongo Board, Live Medicine Balls™, Pro Fitter and Bodyblade
- Exercise applications for cervical, lumbar and pelvic function
- 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

- Introduction to ICE
- Musculoskeletal Profiling System
- Global observations and relevance to exercise
- Exercise focus
- Focus breakdown
- Movement pattern classification
- Client/patient needs analysis
- Balancing the program
- Interactive case studies
- Observation and assessment integration
- Corrective applications
- 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.

Cerification

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



Weeble Boards by Fitter

*"Professional, informative and
up-to-date"*

Bill Bowden, Chiropractor



DuraBoard™ - Unstable training platform