Dynamic Neuromuscular Stabilization according to Kolar
DNS Exercise Course for Fitness Professionals: "Part III"
12 contact hours

REHABILITATION
PRAGUE SCHOOL

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DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

Course Description

This course is designed for the fitness trainers, coaches, body work therapists, exercise physiologists and kinesiologist who have already covered the DNS Sport courses part 1 and part 2.

The DNS Sport Course Part 3, review the physiological framework for the DNS principles, emphasizing detailed definition of optimal postural stabilization, stepping forward (reaching, grasping, kicking) and supporting (taking off) function.

The most common reasons for the painful syndromes in various types of athletes will be reviewed. While in part 1 and part 2 physiology and pathology of the spine (core) was covered, in part 3 special emphasize will be placed on pathology in shoulder girdle (rotator cuff, impingement, biceps tendinitis), elbow problems (epicondylitis), pelvic girdle (hip joint pain, groin problems), knee (ACL injury, meniscus lesions, jumper's knee) and foot.

A large part of the course is hands on. Various examples of how exercise with proper stabilization and movement stereotypes fits within the context of both the professional and amateur athletes will be covered. Case studies of different athletes will be demonstrated. Examples of the most common sports and how to apply DNS principles based on the sport context will be given: running/sprinting, throwing sports (Baseball, Tennis, Basketball, Shot Put, etc), kicking/soccer, swimming, cycling, and golf.

During the second day of the course **optional practical testing** of the participant's skills will take place. The participants will assess the athlete in small groups, describe the physiological disturbances, defining the key problem and then demonstrate how they would apply what they know by prescribing the proper exercises to help that athlete get back on the field again. Those who pass the exam will receive a diploma as a certified DNS Fitness Trainer.

Course Schedule

Day 1
Morning:
Basic DNS principles for fitness training and sport
Common painful syndromes in athletic population: elbow, shoulder girdle
Afternoon:
Common painful syndromes in athletic population: hip, groin, knee, foot
Case studies: demonstration

Day 2
Morning:
Application of the DNS principles for stereotypes in specific sports: Running, Throwing, Kicking, Cycling, Swimming
Afternoon:
Practical testing of the attendees in small groups

PRAGUE SCHOOL CERTIFICATES:

A **Certificate of ATTENDANCE** will be awarded by the PRAGUE SCHOOL to each participant after attending the course

A DIPLOMA as certified DNS Fitness Trainer will be awarded by the PRAGUE SCHOOL to each participant who pass the final practical test