



Diploma in Biomechanical Coaching

Course overview

The Diploma in Biomechanical Coaching consists of approximately 450 hours in total. This consists of pre-course research and study in related anatomy (including the muscular, skeletal and nervous systems of the body) and completion of on-line worksheets, 5 full days including 40 contact hours with tutors and 'open clinics'. Plus, an additional 250 hours (over a 6 month period), to complete a Biomechanical Business report (2000 words) and compile a Case Study Report and Literary Review (4000 words), consisting of 10 practical case studies and additional research into the use and effects of Biomechanical Screening. On your return there is one day of a case study presentation and practical assessments.

Entry requirements:

Candidates must have/be qualified in an area that prescribes exercise to individuals/groups.

Recognised qualifications include; Level 2 (and above) Coaches/Gym Instructors, Personal Trainers, Sports Scientists, Strength and Conditioning Coaches, Sports Therapists, Physiotherapists, Osteopaths, Chiropractors, Occupational Health, Orthotists, Studio instructors (Yoga, Pilates etc.). Other qualifications will be considered, or if you are currently studying a relevant qualification.

Day 1

- Induction, diploma aims & objectives
- Anatomy Quiz
- Aims of biomechanical screening
- Biomechanical screening for:
 - Pelvic function
 - Nerve tension
 - Muscle spasm
 - Joint mobility

- Corrective exercises to 'Normalise' findings

Day 2

- Reflection on how screening and exercises achieve results
- Understanding the principles of Core Stability
- Understand the principles of stabilising the pelvis when 'normalised'
- How to assess specific and functional Core Stability
- Principles of Progression of specific and functional exercises
- Integration of the 'Normalise' screening

Day 3

- Reflection on the isolation and integration of the pelvis and core
- Biomechanical screening of the knee
- Corrective exercises for the knee
- Biomechanical screening of the foot & ankle
- Corrective exercises for the foot & ankle
- Integration of the pelvis, core, and lower limb
- Understanding the biomechanical relationship of the pelvis and lower limb
- Open clinic – Biomechanical screening

Day 4

- Biomechanical screening of the shoulder
- Corrective exercises for the shoulder
- Understanding of functional movement patterns
- Conditioning for neural patterns
- Open clinic – Biomechanical screening

Day 5

- Business development
- Student presentations – Reflective learning & Business development
- Tutorials 1:1
- Group Practice
- Open clinic – Biomechanical screening

Open clinic: Biomechanical screening

There will be an open clinic where candidates will screen individuals for Biomechanical dysfunction, and demonstrate and prescribe corrective exercises. All data is recorded for future reference.

A selection of these clients will be asked to return for your assessment day.

After the completion of the first 5 days, you will then be required to write a reflection on learning and business report (2000 words) within 14 days. In addition carry out a progression of screening on a selection of 10 individuals (of your choice) over a 6 month period including prescription of corrective exercise. This allows you to show progression in the case study histories. Written and photographic evidence will be required as part of your portfolio for each individual, including a hand written testimonial from your clients. These case studies provide foundation for your Case Study Report & Literary Review (4000 words).

Day 6 (a time period of 6 months from day 1)

- Collection of Portfolios, case study logs and Case Study Report
- Case Study Presentations
- Case Study Implementation – Practical Assessment