



Happy 2012 to all Movement Specialists

Movement Specialist courses for Professionals ONLY – Start accumulating CPD's

Invest in your career – Apply this unique approach – 'Understand' your anatomy

www.kineticprecisionsa.co.za

Intro, short and comprehensive courses

Start saving NOW & Book for 2012

See all dates on our [website](#)

Feel confident in your exercise choices for your clients and make movement a science! Incorporate this method into your own body!

Course venues and dates 2012 – 10 candidates per course only

Bring a friend to join you and receive further discount :)

Intro course: (3CEU's) Short course: (24CEU's) Comprehensive course: (54 CEU's)

Cape courses: Short course – 13th & 15th July & 7th Sep / Comprehensive course – 13th - 16th July & 7th – 10th Sep

Pretoria courses: Intro course – 16th March / Short course – 23rd Mar, 12th Apr, 18th May / Comprehensive course - 23rd & 24th Mar, 12th & 13th Apr, 23rd & 24th June

Johannesburg courses: Short course – 17th & 23rd Sep & 25th Aug / Comprehensive course – 17th & 18th Aug, 22nd & 23rd Sep, 25th & 26th Oct, 17th & 18th Nov

Durban courses: Short course – 12th & 14th Oct & 2nd Nov / Comprehensive course – 12th – 15th Oct & 2nd – 5th Nov

What will you learn?

It is really challenging to list everything that Kinetic Precision covers as the information is comprehensive and endless. A short summary; In depth look at anatomy in relation to movement, assessment of individual muscle groups and their habitual state which affects their ability to facilitate movement, the role between agonists and antagonists in the joints range of motion, spinal isolation and restriction, shoulder stabilization and how to train the eye to notice the exact muscle imbalances immediately, comprehensive 90 min client assessment, teaching skills, applying your knowledge practically into exercises, designing new exercises for specific groups in a specific state in 60seconds, creating precision in movement in *your* own body and knowing what precision in movement is.

Why do Kinetic Precision?

This course is a must do if you are passionate about your work or if you want to become an A-class fitness professional. Kinetic Precision will challenge your mind, knowledge and own body which in turn will enable you to design a client specific program that is based on understanding the anatomy in relation to movement and therefore *not relying on existing repertoire*.

Student Testimonial:

It was everything and even more than I expected, I chose Kinetic Precision over going back to varsity to do an honours degree in sports science. It has been the most worthwhile and well spent course i have ever attended and it has changed my outlook on exercise in so many areas. I think the modules were well presented and progressive, some areas difficult to grasp, but that is what is expected of a movement specialist. I felt that Tanya was very friendly and approachable, and if ever i have a query regarding movement, she would be the first person I'd contact.

Rae du Preez x

Get some *Hints and Tips* off our [website](#) as well as our *FAQ's*

Read a comprehensive client study

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Join us on our BLOG

Start 2012 with New Inspiration, New Ideas & a New Approach to Movement and Exercise

Join us & become part of the Kinetic Precision team!

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