

## Course dates

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**Advanced Cardiovascular Conditioning for Health and Performance** 3 day course
 

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|--------|---|-------------|
| Oxford | Fri 20 <sup>th</sup> –Sun 22 <sup>nd</sup> May 2011 | 09.00-17.00 |
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**Advanced Resistance Training for Health and Performance**  
3 day course
 

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|--------|---|-------------|
| Oxford | Fri 15 <sup>th</sup> –Sun 17 <sup>th</sup> April 2011 | 09.00-17.00 |
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**Analysis of Human Movement**  
1 day course
 

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| London     | Sun 12 <sup>th</sup> Dec 2010  | 09.00-17.00 |
| Oxford     | Sun 20 <sup>th</sup> Feb 2011  | 09.00-17.00 |
| Warrington | Sun 27 <sup>th</sup> Feb 2011  | 09.00-17.00 |
| London     | Sun 8 <sup>th</sup> May 2011   | 09.00-17.00 |
| Oxford     | Sun 17 <sup>th</sup> July 2011 | 09.00-17.00 |
| London     | Sun 4 <sup>th</sup> Sept 2011  | 09.00-17.00 |
| Warrington | Sun 11 <sup>th</sup> Sept 2011 | 09.00-17.00 |

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**Course dates** continued

**Essential Anatomy**  
2 day course


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|------------|--|-------------|
| Oxford     | Sat 16 <sup>th</sup> - 17 <sup>th</sup> Oct 2010     | 09.00-17.00 |
| London     | Sat 8 <sup>th</sup> -Sun 9 <sup>th</sup> Jan 2011    | 09.00-17.00 |
| Warrington | Sat 12 <sup>th</sup> -Sun 13 <sup>th</sup> Mar 2011  | 09.00-17.00 |
| Oxford     | Sat 19 <sup>th</sup> -Sun 20 <sup>th</sup> Mar 2011  | 09.00-17.00 |
| London     | Sat 4 <sup>th</sup> -Sun 5 <sup>th</sup> Jun 2011    | 09.00-17.00 |
| Oxford     | Sat 6 <sup>th</sup> -Sun 7 <sup>th</sup> Aug 2011    | 09.00-17.00 |
| Warrington | Sat 24 <sup>th</sup> -Sun 25 <sup>th</sup> Sept 2011 | 09.00-17.00 |
| London     | Sat 1 <sup>st</sup> Sun 2 <sup>nd</sup> Oct 2011     | 09.00-17.00 |

**Essential Nutrition**  
2 day course


|        |   |             |
|--------|---|-------------|
| Oxford | Sat 5 <sup>th</sup> -Sun 6 <sup>th</sup> March 2011 | 09.00-17.00 |
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**Flexibility: The Art and Science of Stretching**  
2 day course


|        |   |             |
|--------|---|-------------|
| London | Sat 4 <sup>th</sup> -Sun 5 <sup>th</sup> Dec 2010     | 09.00-17.00 |
| London | Sat 26 <sup>th</sup> -Sun 27 <sup>th</sup> March 2011 | 09.00-17.00 |

**Course dates** continued

**Foundations of Anatomy**

2 day course



|            |  |             |
|------------|--|-------------|
| London     | Sat 6 <sup>th</sup> -Sun 7 <sup>th</sup> Nov 2010    | 09.00-17.00 |
| Oxford     | Sat 15 <sup>th</sup> -Sun 16 <sup>th</sup> Jan 2011  | 09.00-17.00 |
| Warrington | Sat 29 <sup>th</sup> -Sun 30 <sup>th</sup> Jan 2011  | 09.00-17.00 |
| London     | Sat 9 <sup>th</sup> -Sun 10 <sup>th</sup> April 2011 | 09.00-17.00 |
| Oxford     | Sat 18 <sup>th</sup> -Sun 19 <sup>th</sup> Jun 2011  | 09.00-17.00 |
| London     | Sat 30 <sup>th</sup> -Sun 31 <sup>st</sup> July 2011 | 09.00-17.00 |
| Warrington | Sat 13 <sup>th</sup> -Sun 14 <sup>th</sup> Aug 2011  | 09.00-17.00 |

**Postural Assessment and Correction**

2 day course



|        |  |             |
|--------|--|-------------|
| Oxford | Tues 16 <sup>th</sup> -Wed 17 <sup>th</sup> Nov 2010 | 09.00-17.00 |
| London | Sat 5 <sup>th</sup> -Sun 6 <sup>th</sup> Feb 2011    | 09.00-17.00 |
| Oxford | Sat 2 <sup>nd</sup> -Sun 3 <sup>rd</sup> April 2011  | 09.00-17.00 |

**The Science of Torso Training**

2 day course



|        |   |             |
|--------|---|-------------|
| London | Sat 20 <sup>th</sup> -Sun 21 <sup>st</sup> Nov 2010 | 09.00-17.00 |
| Oxford | Sat 12 <sup>th</sup> -Sun 13 <sup>th</sup> Feb 2011 | 09.00-17.00 |
| London | Sat 14 <sup>th</sup> -Sun 15 <sup>th</sup> May 2011 | 09.00-17.00 |

## Seminar dates

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**CV – Knowing, Stratifying and Reducing the Risk**  
 3 hour seminar
 

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|--------|---------------------------------|-------------|
| Oxford | Fri 18 <sup>th</sup> March 2011 | 14.00-17.00 |
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**Good Fats – Bad Fats**  
 3 hour seminar
 

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| London | Sat 11 <sup>th</sup> Dec 2010 | 10.00-13.00 |
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**Inspiratory Muscle Training**  
 2 hour seminar
 

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| Oxford | Sat 19 <sup>th</sup> Feb 2011 | 17.00-19.00 |
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**FREE Intelligent Fitness Explained**  
 1½ hour seminar
 

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Dates coming soon – Check back regularly and look out for INFORM

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**NEW Principles of Movement Analysis**  
 4 hour seminar
 

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|         |                                 |             |
|---------|---------------------------------|-------------|
| London  | Mon 7 <sup>th</sup> Feb 2011    | 10.00-14.00 |
| Bristol | Mon 14 <sup>th</sup> March 2011 | 10.00-14.00 |

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**Seminar dates** continued


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**The Art and Science of Assessing Muscular Strength, Endurance and Power** 3 hour seminar



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| London | Fri 25 <sup>th</sup> Mar 2011 | 14.00-17.00 |
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**The Art and Science of Nutritional Advice**  
3 hour seminar



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| London | Mon 7 <sup>th</sup> Feb 2011   | 15.00-18.00 |
| Oxford | Fri 1 <sup>st</sup> April 2011 | 14.00-17.00 |

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**Understanding Pelvic Stability**  
3 hour seminar



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| Oxford | Fri 18 <sup>th</sup> Mar 2011 | 10.00-13.00 |
| London | Fri 8 <sup>th</sup> Mar 2011  | 10.00-13.00 |

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**Understanding Shoulder Girdle Stabilisation**  
3 hour seminar



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|------------|-------------------------------|-------------|
| London     | Sat 11 <sup>th</sup> Dec 2010 | 14.00-17.00 |
| Oxford     | Sat 19 <sup>th</sup> Feb 2011 | 13.00-16.00 |
| Warrington | Sat 26 <sup>th</sup> Feb 2011 | 14.00-17.00 |
| Bristol    | Mon 14 <sup>th</sup> Mar 2011 | 15.00-18.00 |

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**Seminar dates** continued


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**Understanding Spinal Loads During Exercise**

 3 hour seminar
 

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|            |                               |             |
|------------|-------------------------------|-------------|
| Oxford     | Sat 19 <sup>th</sup> Feb 2011 | 09.00-12.00 |
| Warrington | Sat 26 <sup>th</sup> Feb 2011 | 10.00-13.00 |
| London     | Fri 25 <sup>th</sup> Mar 2011 | 10.00-13.00 |

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**Understanding Spinal Stability**

 3 hour seminar
 

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|        |                              |             |
|--------|------------------------------|-------------|
| Oxford | Fri 1 <sup>st</sup> Apr 2011 | 10.00-13.00 |
| London | Fri 8 <sup>th</sup> Apr 2011 | 14.00-17.00 |