



Posture Correction Specialist Short Course



Modes of delivery: Online

Modules:

- ▶ Introduction
- ▶ Know your scope of practice
- ▶ The skeletal system
- ▶ Anatomical terminology
- ▶ The muscular system
- ▶ Muscle balance: opposing muscle
- ▶ Standard posture
- ▶ Four types of faulty postural alignments
- ▶ Factors affecting posture
- ▶ Posture analysis
- ▶ Functional tests
- ▶ Programme design
- ▶ Special considerations
- ▶ Conclusion



Learning outcomes:

Successful learners will be able to:

- ▶ Develop a niche skill in the fitness industry that has applications to a wide audience
- ▶ Enhance your reputation as a posture specialist



Duration: 6 Months



20 REPSSA endorsed CPD points



Admission requirements:

If you hold a fitness qualification or exercise science qualification you will:

- ▶ Receive a certificate of achievement
- ▶ Be able to use this qualification to train clients

If you do not hold a fitness qualification or exercise science qualification you will:

- ▶ Receive a certificate of attendance
- ▶ Not be able to use this qualification to train clients



Registered: REPSSA



**Other courses you
might be interested in**

- ▶ **Fitness Instructor**
- ▶ **Development of Speed**
- ▶ **HIIT fundamentals and Programming**