



Sportsmetrics™ Master Certification Course Objectives

- Research in ACL Injuries & Injury Prevention

OBJECTIVES:

- Understand the role of neuromuscular training in ACL injury prevention
- Identify 3 risk factors associated with an increased risk of ACL injury
- Critique another participant's landing mechanics on a single leg hop using a 3-grade subjective grading system.

- Innovative Therapeutic Interventions

OBJECTIVES:

- Learn the latest research on interventions for ACL rehab (external focus, blood flow restriction...)
- Distinguish between internal and external focus cues when given a list of corrective cues for jump mechanics

- Neuromuscular Testing & App

OBJECTIVES:

- Discuss normative data and interpretation of test results from scientific studies
- Evaluate landing mechanics by creating a sports injury report using software that calculates knee and hip angles

- Advanced Program Overview & Demo

OBJECTIVES:

- Identify current training components
- Identify 3 neuromuscular deficiencies to correct on a jump
- Demonstrate exercises and ability to instruct others
- Incorporate at least one distraction technique into jump drills

- Blood Flow Restriction Demo

OBJECTIVES:

- Design and execute a blood flow restriction program on a partner

- Practicum:

OBJECTIVES:

- Critique 10 plyometric drills performed by a partner