



Day 1

7:00-7:30	Course Registration and Check In
7:30-9:30	Rationale for Integrated Training and The OPT™ Model
9:30-11:30	Assessments
11:30-12:00	Case Study #1
12:00-1:00	Lunch
1:00-5:30	Phase 1: Stabilization Endurance Training <ul style="list-style-type: none">• Corrective Flexibility Training<ul style="list-style-type: none">○ Self-Myofascial Release Techniques○ Static Stretching Techniques• Stage 1 Cardiorespiratory Training Concepts• Core-Stabilization Training Techniques• Balance-Stabilization Training Techniques• Reactive-Stabilization Training Techniques• Resistance-Stabilization Training Techniques• Phase 1 Group Workout

Day 2

7:30-8:00	Exam Prep
8:00-8:30	Case Study #2
8:30-12:00	Phase 2: Strength Endurance Training <ul style="list-style-type: none">• Active Flexibility Training<ul style="list-style-type: none">○ Self-Myofascial Release Techniques○ Active-Isolated Stretching Techniques• Stage 2 Cardiorespiratory Training Concepts• Core-Strength Training Techniques• Balance-Strength Training Techniques• Reactive-Strength Training Techniques• Resistance-Strength Training Techniques• Phase 2 Group Workout
12:00-1:00	Lunch
1:00-1:30	Case Study #3
1:30-5:00	Phase 5: Power Training <ul style="list-style-type: none">• Functional Flexibility Training<ul style="list-style-type: none">○ Self-Myofascial Release Techniques○ Dynamic Stretching Techniques• Stage 3 Cardiorespiratory Training Concepts• Core-Power Training Techniques• Balance-Power Training Techniques• Reactive-Power Training Techniques• Resistance-Power Training Techniques• Phase 5 Group Workout
5:00-5:30	Professional Development

Times and topics are subject to change without notice