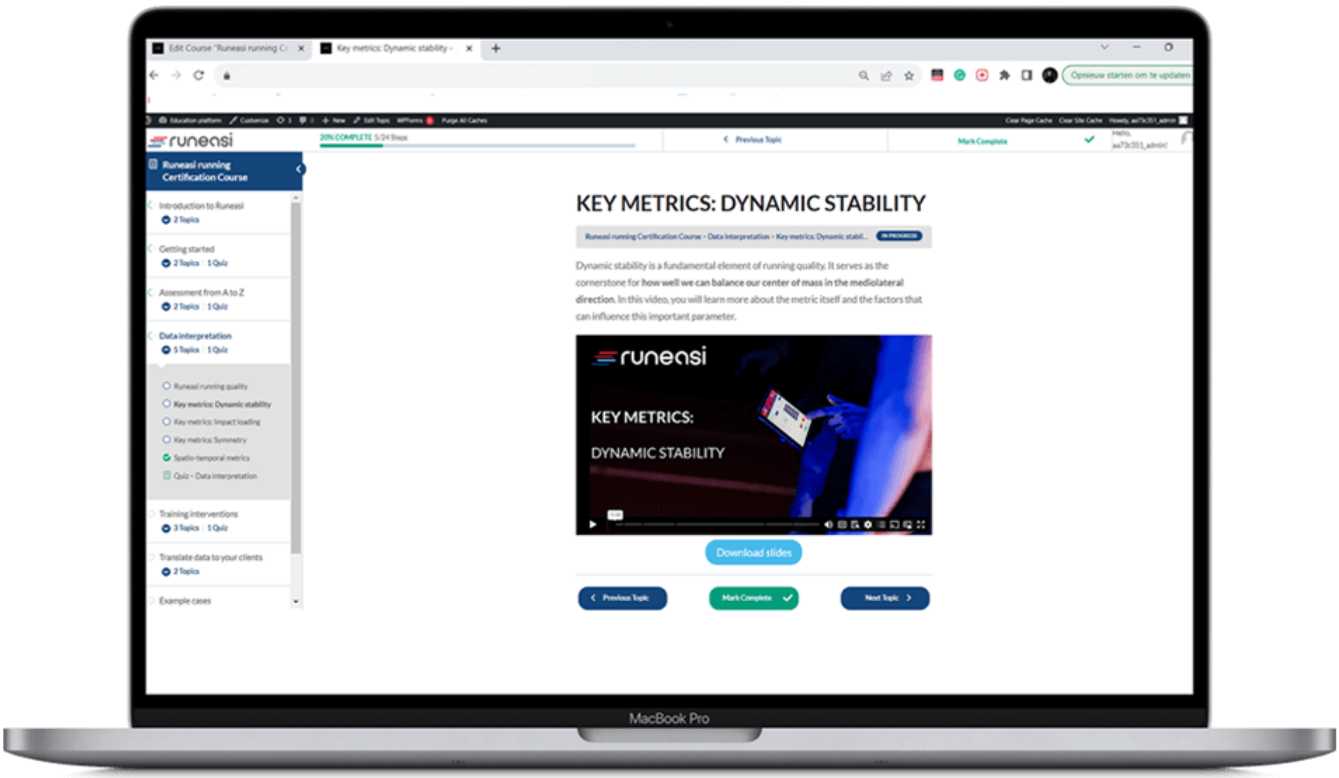
Runeasi Expert Certification Course - Outline

Basic information

Who will benefit?	**Runeasi users** and **running specialists** seeking to utilize objective running gait data.
Course content	The course content will be delivered via **online videos, complemented by supplementary materials** such as downloadable slides and reference-specific information sheets. Achieving your Runeasi Expert Certificate will require successfully passing the final examination.
Course instructor	**MSc Philip Cortvriendt** holds a unique role in the education of Runeasi physiotherapists, guiding them in the application of biomechanical insights to design precise strength and conditioning regimens. With over two decades of **experience in elite competitive running** and a background in **sports physical therapy**, his primary expertise lies in the realm of applied strength and conditioning for runners, spanning from recreational enthusiasts to Olympic-level athletes.
Pricing	**Priced at €250**, but available **for free with a 6-, 12-, or 24-month Runeasi PRO-Plan** (Expert certification is an option for all professionals working within the practice). Updates to this course are included.



Interface of the Runeasi Expert Certification Course

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Course outline

Lessons	Topics	Details
Introduction	Runeasi landscape	Empowering you with five strategic approaches to harness the full potential of Runeasi.
Getting Started	Runeasi equipment	Comprehensive details about Runeasi equipment.
	Runeasi app	Master the workflow of the Runeasi app.
Assessment from A to Z	Initial steps	Key considerations before your running assessment.
	Testing protocols	Available Testing protocols and standardization Techniques for your running assessment.
Data interpretation	Running quality	Understanding Running Quality and its benefits.
	Dynamic stability	The significance of Dynamic Stability in running gait and key considerations for accurate interpretation.
	Impact loading	Exploring impact loading: maximizing understanding of two vital parameters – Impact magnitude and -duration.
	Symmetry	Calculating symmetry: Its relevance in the running quality profile.
	Spatio-temporal metrics	Mastering these additional metrics for enhanced interpretation and improvements in running quality.
Training interventions	Dynamic stability	Enhancing dynamic stability: Strategies within a targeted training framework.
	Impact loading	Optimizing impact loading: Strategies within a targeted training framework.
	Gait retraining	Unlocking gait enhancement with real-time biofeedback: Strategies and benefits.
Translate data to clients	Session report	Upgrade your client session reports.
	Speed-comparison report	Upgrade your client speed-comparison reports.
Example cases	Example cases	Gain insights from your peers.