DNS JUNIOR ATHLETE

Sports Specific Course for Exercise Professionals

Dynamic Neuromuscular Stabilization according to Kolar

Introduction

DNS is a contemporary and rapidly expanding approach that is being embraced by clinicians, coaches and sports trainers both internationally and domestically.

DNS utilises the principles of developmental kinesiology in training programmes to optimise global motor patterns thereby enhancing human movement and sports performance.

This course will cover and demonstrate how DNS corrective exercises can be integrated with other exercise strategies in training of young athletes.

An experienced practitioner will join from the Prague School of Rehabilitation, presenting with Inger Villadsen to establish attendee individual goals (DNS understanding & skills) for students to be optimally prepared for the next level of training.

PARTICIPATION REQUIREMENTS
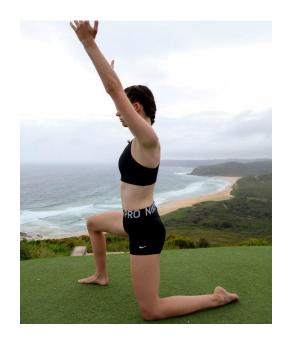
PRAGUE SCHOOL OF REHABILITATION

This course is targeted towards Clinicians, trainers, coaches, body work therapists, exercise physiologists & kinesiologists.

Everyone interested in learning about DNS can attend.

Course Objectives

- Demonstrate an understanding of the basic principles of the movement system based on developmental kinesiology of the first year of life.

- Describe the relationship between development of posture and movement system and dysfunction of the locomotor system in young athletes.

- Discuss and demonstrate the basis of human movement: support, stepping forward, the biomechanics of motor function, the verticalization process & functional joint centration in postural development.

- Specific postural and movement problems in school age and adolescent athletes.

- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests.

- Integrate corrective exercises based on the DNS functional tests and developmental positions.

- DNS Junior Athlete is a two-day course. CPD Hours = 12 For further information:

  https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx

- Cover the application of DNS principles as it relates to exercise and fitness training of young athletes.

- Providing clinical exercises for clinicians to better integrate the DNS approach in their regular practice.

- Demonstrate how DNS corrective exercises can be integrated with other exercise strategies in training of young athletes.

Dynamic Neuromuscular Stabilization according to Kolar

DNS

This DNS Junior Athlete course will demonstrate how DNS corrective exercises can be integrated with other exercise strategies in training of young athletes to enhance optimal performance.

Petra Valouchova

P.M.T., PhD

Petra graduated with a Master's degree from the Department of Physical Therapy at Palacky University in Olomouc in 1998. She specializes in locomotor system dysfunction rehabilitation. She achieved her Doctorate in Kinanthropology with a focus on Biomechanics in 2001. Her main interest is biomechanics and the kinematic analysis of gait.

Since 2002 Petra worked as a physical therapist at the Rehabilitation and Sport Medicine Department at the Motol University Hospital in Prague. She treats adults and children with movement impairments caused by neurological, orthopaedic and traumatic disturbances.

Petra is also a university lecturer of physical therapy and general medicine at the Charles' University Medical School. Her lectures include Sports Medicine, Biomechanics, Bobath Concept and Vojta Reflex Locomotion methods. She has also specialized in surface electromyography assessment and has published several articles regarding surface electromyographical studies.

Petra works closely under Professor Pavel Kolar's supervision, she is an expert in Dynamic Neuromuscular Stabilization and has been a certified Instructor since 2002.

Inger Villadsen

D.C. M.SC (CLIN EPI) POSTGRAD DIP. NMS REHABILITION

Inger was born in Denmark and studied chiropractic at Odense University and the Anglo European College of Chiropractic in Bournemouth, England graduating in 1985.

After working for three years in Europe, Inger migrated to Australia and commenced private practice in 1988.

Her practice, Nineways Chiropractic Clinic is where she is a practitioner addressing functional rehabilitation in chronic pain patients, particularly focusing on elite sports performers.

Inger is dedicated to disseminating a greater understanding of DNS methods and contributing to the associated body of knowledge.

She has been a certified DNS instructor since 2007, lecturing and/or supporting Prague School instructors in DNS courses and workshops in Australia, Japan, Europe, China, India and North America.

Certificate of Attendance

A Certificate of ATTENDANCE will be awarded by local instructor.

Certification in DNS Exercise Course:
To ensure adequate practice with clients, this practical test can only be taken one year after completion of the first DNS course.

If you wish to take the trainer certification practical test, you will have to re-take Level III again and sit for the test. Also, completing an online test after DNS exercise II is a prerequisite for taking the practical test at DNS Exercise III course. When you earn your certification, you can choose to have your name listed on the Prague School Rehabilitation website for a one-time fee. You are required to take at least 1 DNS course every 3 years to retain your certification status.

Course Program

DAILY PLAN

8.30am - 9.00am	Registration (First Day only)
9.00am - 10.30am	Seminar/workshop
10.30am - 11.00am	Break
11.00am - 12.30pm	Seminar/workshop
12.30pm - 1.30pm	Break
1.30pm - 3.00pm	Seminar/workshop
3.00pm - 3.30pm	Break
3.30pm - 5.00pm	Seminar/workshop

COST:

Will be advised on website, when course is advertised, please note there is an additional fee of 80 Euros charged by the Prague School of Rehabilitation, which facilitates the certification and contributes towards research. (Website link displayed on registration page). This non-refundable fee is included in the overall course fee displayed online.

REGISTRATION:

Available online at   www.dnsaustralia.com

CANCELATION & REFUNDS:

Cancellation must be forwarded to DNS Australia by email, cancellation requests will be refunded less a $50 admin fee. Refunds will be given for cancellation received up to one week before course commences.

DNS Australia are not responsible for any airfares or other expenses incurred, should the workshop be cancelled due to any circumstances outside of its control, however a full refund of the workshop registration fee would be issued. DNS Australia will not accept responsibility for injury or damage to persons or property occurring during the workshop