

Course Preview:

London Academy of Sports and Health Sciences has affiliated with Pinnacle Training & Consulting Systems (PTCS) to bring you (CPRS) Certified Post Rehabilitation Specialist. This certification covers the concepts of understanding the kinetic chain, joint movements and actions, foundation of biomechanics, musculoskeletal screening, rehabilitation principles, therapeutic exercise and more!

Course Package includes:

When you purchase you will be taken to Digital Chalk (PTCS learning management system). You will create a username and password that will give you continued access to your account so you can purchase and engage in your courses and testing. Instructions for completing the online examination and obtaining CEU credit are also provided through PTCS. Upon purchase of the course from LASHS, the course instructor of PTCS will email all the course materials and details directly to you. Topics covered in this course include:

- Anatomy and Functional Anatomy Behind Human Movement
- Joint Movements and Actions
- Understanding the Kinetic Chain
- Foundation of Biomechanics and Biomechanics of Movement
- Musculoskeletal and Movement Screening
- Rehabilitation Principles
- Foundation of Exercise and Exercise Prescription
- Foundation of Periodization Training
- Common Movement Dysfunctions of the Orthopedic, Neuromuscular, CP/CV & Special Populations
- Scope of Practice of CPRS and Marketing Post Rehabilitative Service

Rehabilitation Specialist as it relates to Post Rehabilitation Training. To interpret the role of the CPRS as it relates to Post Rehabilitation Training and interpret the foundation of marketing. Be able to compare the difference between marketing and public relations as it relates to both fitness professionals and post-rehabilitation specialists. Interpret realistic opportunities and earning potential for the Post Rehabilitation Specialist. Distinguish how to market, promote, and utilize the advanced training and skillset as a CPRS.



LONDON ACADEMY OF
SPORTS AND HEALTH SCIENCES

Post Rehabilitation Specialist Certification

Pinnacle
Training & Consulting Systems

Course Code

CPRS250

BECOME CERTIFIED SPECIALIST

Application accepted from anywhere in the world

Course information

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|---|---|
| Course Outcomes..... | 1 |
| Requirements for Entry & Examination..... | 2 |
| Course fees | 3 |
| Examination..... | 4 |
| Certification | 5 |
| Enrollment Process | 6 |
| Registered Office | 7 |

1 Course Outcomes

A CPRS completely understands the joint mechanics, connective tissue, and muscles required with movement and has a solid understanding of biomechanical analysis of prime movements, such as squat, lunge, diagonal forward, and reverse lunge, recognizing normal vs. abnormal movement patterns. Understands how to assess, correct, and apply this knowledge with research, to design effective programs based on the principles of Periodization. Training and Tudor Bomp.

Understands the weak links in the body and common movement dysfunctions affecting the neuromuscular musculoskeletal, cardiopulmonary, and special populations. A CPRS understands the foundation science, assessments, and application science behind human movement. Therefore, is truly an advanced fitness professional who can work with any client helping them achieve optimal health and fitness goals. You will also earn credit hours of continuing education

2 Requirements for Entry

To be eligible to take the examination, you must:

1. Possess a national personal training certification from one of the following fitness agencies: ACE, ACSM, AFLCA, AFAA, Australian certifications required Certificate III (Fitness) & Certificate IV (Personal Trainer), BCRPA, Canfitpro, CFES, NASM, NSCA, NCSF, NFPT or WITS respectively and possess a minimum of 2-3 years of personal training experience and possess a valid CPR & first aid certification.

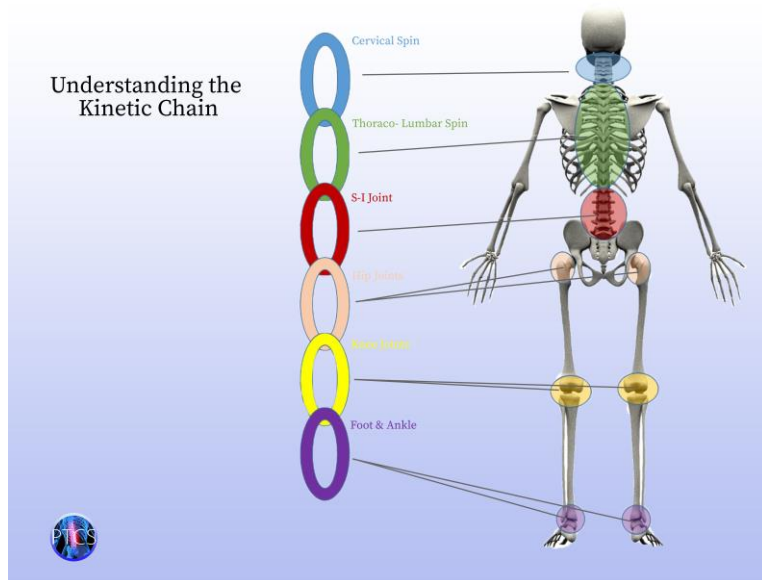
Or

2. Possess a bachelor's degree in one of the following related fields: Exercise physiology, exercise science or human movement, kinesiology, physics, biology related science degree and an advanced certification (i.e. N.S.C.A-CSCS, A.C.S.M.-CHFS, NASM-CES, NASM-PES or equivalent).

3 Course fees

Total Administration Fees Payable to

London Academy of Sports and Health Sciences: £199 GBP/ \$250 USD



6 Enrollment Process

The process is very simple,

- 1-Go to courses page, select the course from the list
- 2-Complete the enrollment form
- 3-Email the completed form to info@lashs.org.uk
- 4-We will verify your enrollment application details.
- 5-An administration fees invoice will be sent to your email along with other payment details if applicable.
- 6-Once your invoice is paid, a confirmation will be sent to your email from LASHS. Then, PTCS will contact you with the following details: The Home Study Course package, Readings Materials, access to training videos, examination, and certification details.

Get the knowledge you need to meet the challenges in your health professional practice.

7 Registered Office:

Continuing Education Centre

Consultancy Management & Services, 20-22 Wenlock Road, N1 7GU, London, United Kingdom, Email: info@lashs.org.uk, www.lashs.org.uk

Course creator:

Chris Gellert, PT, MMusc & Sportsphysio, MPT, CSCS, C-IASTM.

Chris has been a practicing physical therapist for 18 years, uniquely is also a personal trainer with over 20 years of experience and has taught seminars, courses and at conferences to personal trainers, massage therapists, physical therapy assistants and physical therapists for the past 15 years. He has developed over 15 home study courses, 5 live seminars and webinars teaching the foundation science, functional assessments, and application science on human movement.

4 Examination

If you would like to earn CEUs for your home study course purchased, you must take an online examination for the respective home study course purchased or take a comprehensive 125 multiple-choice question examination, that covers all five home study courses. Please follow the steps below which clarifies accordingly. PTCS has created six examinations, which includes one comprehensive examination (tests all ten-course material) and ten separate examinations for each of our home study courses. Each examination tests your comprehension of the material covered for the respective course or on all five courses, respectively. No outside material is included in the examinations accordingly.

Each home study course requires the student to take a 30 multiple-choice examination, that lasts 60 minutes. Which tests the readers' comprehension of the material studied for the respective home study course. A score of 75% or better is required to pass. PTCS will immediately send via email your CEU certificate for your records. For those who want to become certified as (CPRS) Certified Post Rehabilitation Specialist, you must complete all 10 units and take a comprehensive examination in a three-hour window and earn a score of 75% or better. Consult PTCS website for more examination information.

5 Certification

(CPRS) Certified Post Rehabilitation Specialist Full Certification Program consists of 10 Dynamic Home Study Courses. You must take all 10 and receive your (CPRS) Certified Post Rehabilitation Specialist Certification. Along with your PTCS certificate, you will also be awarded Certificate of Completion from LASHS that include 20 credit hours of continuing education of the category B of the LASHS designation at your request. For individuals interested in pursuing certain credits and accreditation, it is recommended to consider the importance of National Accreditation for your specific field or profession and make your decision accordingly.

Earn 20 credits hours of continuing education of LASHS designation Category B designation
