

## ***1310 – Shoulder and Hip Diagonals for Core and More***

**Beginner / Pool Workshop**

**Sanibel, FL / Thursday, June 25, 2020 – 1:00-3:45 pm – 2.5 credit hours**

(Classroom: 1:00-2:15 pm / Pool: 2:30-3:45 pm)

**Faculty: Katrien Lemahieu, MSEN, ATRIC**

### **COURSE DESCRIPTION:**

The approach in diagonal work is easy as we do it all day long. The key is to strengthen the weak and lengthen the tight parts, with a focus on the center of all of it: the core! Transverse movement and hip and shoulder diagonals can help in better coordination, better balance and less pain in daily tasks. Experience examples of combinations of a transverse, sagittal and vertical rotation control (like a trunk rotation) with hip flexion, during gait while reaching diagonally down. We will train strength in the actual patterns we live in.

### **COURSE OBJECTIVES:**

- 1) Review evidence regarding trunk stabilization for strengthening core.
- 2) Experience the diagonal patterns that match daily living.
- 3) Explain functional tasks that can be executed without pain or injury.
- 4) Apply concepts to pool exercises.

**FACULTY: Katrien Lemahieu, MSEN, ATRIC**, has 20-plus years of experience in aquatics and has been a presenter worldwide since 2005. She studied physical education and holds a degree in Special Movement Education with an emphasis in Motoric Remedial Teaching and a focus on pediatrics. She has developed three e-learning programs on aquatic fitness (*AquaMagicMoves*) and is CEO of two educational institutes for aquatics: *Kataqua* for aquatic fitness and *ProOZo* for swimming. She is the organizer of the annual European Aquatic Fitness Conference (EAFC).