

## ***1314 – Strength and Stability: Six Hip Exercises Every Client Needs***

**Beginner / Pool Workshop**

**Sanibel, FL / Friday, June 26, 2020 – 8:30-12:00 pm – 3.0 credit hours**

(Pool: 8:30-10:00 am / Classroom: 10:30 am-12:00 pm)

**Faculty: Laurie Denomme, B.Kinesiology**

**Jeanmarie Scordino, MEd**

### **COURSE DESCRIPTION:**

Upgrade your core and balance training with six hip moves that should be part of every therapeutic exercise program. Apply proven strategies that engage the neurological system for muscle activation, mobility and strength. Discover how to use the 6-7 Formula to improve hip function as well as core stability and dynamic balance.

### **COURSE OBJECTIVES:**

- 1) Determine six hip exercises that should be part of every water exercise program.
- 2) Use proven strategies to engage the neurological system for lasting results.
- 3) Explain why hip exercises can improve core stability and dynamic balance.
- 4) Apply the 6-7 Formula to identify appropriate progressions and regressions.
- 5) Take advantage of buoyancy and resistance to accelerate progression.

**FACULTY: Laurie Denomme, B. Kinesiology**, Kinesiologist and Fellow of Applied Functional Science through the Gray Institute, is an international fitness educator and founder of WECOACH, whose expertise has been called upon by top consumer magazines including Self and Weight Watchers. She is the recipient of the 2013 AEA Global Aquatic Fitness Professional Award and 2014 ATRI Tsunami Spirit Award.

**Jeanmarie Scordino, MEd**, has over 25 years of experience as an exercise physiologist, personal trainer, and sport conditioning coach. A Fellow of Applied Functional Science™, she has had the honor of being a multi-year facilitator for the Gray Institute Fellowship program. She is a certified exercise physiologist through both the American College of Sports Medicine and the National Sports & Conditioning Association. Jeanmarie currently works at BayCare Health System, where she is actively involved in wellness education and promoting the values of Applied Functional Science™ for the hospital system and surrounding community.