

**COURSE 1.0** NEW TRENDS IN THE PREVENTION OF RUNNING INJURIES (17H)

**COURSE 1.0 IS A PREREQUISITE TO COURSES 1.1, 1.2 AND 2.0**

**COURSE 1.1**  
DIAGNOSIS AND TREATMENT OF RUNNING INJURIES: PRACTICAL ASPECTS (7H)

**COURSE 1.2**  
THERAPEUTIC EXERCISES FOR RUNNERS (7H)

**EXPERT COURSE 2.0**  
ONLY OFFERED IN QUEBEC, CANADA (40H)

**EXPERIENCE 3.0**  
FOR COURSE 2.0 GRADUATES ONLY 1 WEEK

**CERTIFICATIONS**

**CERTIFIED**

**CERTIFIED+**  
COMPETENCY EXAM

**EXPERT COMPETENCY EXAM**  
COURSES 1.1 AND 1.2 MUST BE COMPLETED NO LATER THAN THE FOLLOWING YEAR

**NO-PREREQUISITE COURSES (À LA CARTE - OPEN TO PUBLIC)**

**E-LEARNING**

**SHOE (E-1.4)**  
ALL ABOUT FOOTWEAR (10H)

**MSO (E-1.5)**  
EXPERTS SECRET: MECHANICAL STRESS QUANTIFICATION FROM A TO Z (10H)

**SCIENCE (E-1.6)**  
INTRODUCTION TO SCIENTIFIC RESEARCH APPLIED TO CLINICAL PRACTICE (15H)

**PEACE & LOVE (E-1.10)**  
MANAGEMENT OF ACUTE INJURIES (5H)

**IN-CLASS COURSES**

**COURSE 1.3**  
RUNNER'S FOOT CARE (7H)

**COURSE 1.7**  
TRAINING PRINCIPLES AND PLANNING (7H)

**COURSE 1.8 A**  
SPORTS NUTRITION AND MICRO-NUTRITION IN ENDURANCE SPORTS (7H)

**COURSE 1.9**  
RUNNERS ABDOMINAL-PELVIC HEALTH (7H)

**COURSE 1.8 B**  
SPORTS NUTRITION AND MICRO-NUTRITION IN ENDURANCE SPORTS (7H)

**COACHING**  
(ADVANCED COURSE) (21H)

**RUNNER'S NUTRITION**  
(ADVANCED COURSE) (42H)