

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 SOFT TISSUE INJURIES (8H)

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)