

HEALTHY RUNNING PRETORIA, SOUTH AFRICA FOR MEDICAL PROFESSIONALS & RUNNERS

CHAIRMEN

MARK CUCUZZELLA, MD

Professor Family Medicine University of West Virginia
Department of Family Medicine
Lt Col US Air Force Reserves, elite masters runner

TIMOTHY NOAKES, MBCHB, MD, DCS

Professor of exercise and sports science
University of Cape Town

DIRECTOR

IAN ADAMSON, MS, BS

Director Research & Education
Newton Running Company
3x Guinness World Record Holder
7x World Champion

GUEST PRESENTER

ZOLA BUDD, OLYMPIAN

2x World Champion
2x World Record Holder

JUNE 3RD - 4TH 2014
TUESDAY - WEDNESDAY

WONDERBOOM HIGH SCHOOL PRETORIA
STEVE BIKO ROAD (VOORTREKKER ROAD) 1050
WONDERBOOM- SOUTH, PRETORIA, 0084

South African CEU Accreditation available

RSA REGISTRATIONS
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US REGISTRATIONS
RACEROSTER.COM
SEARCH "HEALTHY RUNNING"



SEE REGISTRATION PAGE FOR PRICING

CONTINUING MEDICAL EDUCATION

This course awards up to 16 Continuing Education Units (CEUs) - General (Level 1) and up to 16.75 AMA PRA Category 1 Credits for US physicians

TOPICS

The energetics of running, aerobic development, training principles, the evolution of running shoes, design, technology and the relationship to injury, the triad of running injuries, tissue specificity, anatomy, biomechanics and clinical evaluation of mobility and strength.

WORKSHOPS

Running from a clinical perspective, prescription of strength, mobility, and gait cues based on specific findings. Stability, core work, mobility and stretching principles.

TARGET AUDIENCE

Primary care physicians, sports medicine physicians, physical medicine and rehabilitation physicians, nurse practitioners, physician assistants, physical therapists, athletic trainers, coaches and other professionals interested in maintaining and promoting the health of runners.