

Pre-Congress Certified Course on Advanced Fitness

Certified by A4M Iberia and IFBB

Sponsored IFBB

Taught by Prof. Mauricio de Arruba Campos

Date: May 28th 2008, from 10am to 6pm

Location: Hotel Miragem Cascais

" Advanced Anti-aging Fitness Specialist course"

Course Outline

General guidelines to a healthy lifestyle

Becoming Fit: Biomechanics, Physiology and Kinesiology Foundations of the exercise prescription

Building Core strength for a healthy spine and safe movements

Healthy habits for the Vertebral Column

Guidelines for a healthy nutrition

The role of weight training on general health during aging

The role of strength training for the elderly

Course Leaders:

Prof. Maurício de Arruda Campos

Mauricio de Arruda Campos is a professor of kinesiology and biomechanics applied to weight training and health at post graduation courses in many faculties of physical education in Brazil. Currently he works on the Education and Research Committee from the International Federation of Bodybuilding & Fitness (IFBB) in Madrid, Spain. He is the author of the books "Functional Training", "Biomechanics of Weight Training", "Abdominal Exercises: a Practical and Scientific Approach" and "Weight training for Obesity, Osteoporosis, Diabetes, Children and the Elderly"

Course Fees:

Course Fee: 275 Euros plus 21%VAT

Participants who have purchased a Full passport to the Congress: 240 Euros plus 21% VAT

Please note: course fee includes lunch and two coffee breaks

To Register Please Call +351 214 830 057 or email info@a4miberia.com

Register online at www.a4miberia.com and benefit from a 5% discount