

RESTORATIVE EXERCISE SPECIALIST™ TRAINING PROGRAM

This education program is an in-depth look at how the mechanics of the human machine function. In it, one will learn how to assess a client or patient's musculoskeletal needs, and how to develop programs that can teach the motor skills needed to prevent injury, reduce chronic pain, and improve physiological function.

This course is appropriate for healthcare practitioners, exercise instructors, and the individual interested in learning the science behind maintenance of the human machine.

The Restorative Exercise Specialist™ (RES) program consists of 200 lecture, interactive, and exercise hours. Class size is limited to ensure the highest quality of instruction. The RES certification takes approximately 7-10 months to complete.

Course Requirements: 200 hours

72 hours: Six RES Training Weekends.

April 16-17, May 14-15, June 4-5, August 6-7, September 10-11, October 8-9.

Every weekend: Fri. 4-8pm, Sat. 9am-5pm

24 hours: Supplemental Courses/Lectures. Topics include Your Shoes and You, Your Low Back Plan, Your Healthy Heart, Strong Bones, Pelvic Floor, BOSU Protocol, Science of Psoas, 1A Intro to Restorative Exercise/Gait.

90 hours: REI Classes

10 hours: Internship. The student will be required to team teach classes under supervision and provide assistance for 10 classroom hours.

4 hours: Study Group. To be facilitated by a RES-MT prior to exam.

Written and Practical Exam. Must be passed with a score of 80%.

Final Project

"If you say you understand something, then you can explain what you understand to others. Anything short of that is deception, not understanding. In the same vein, anything not understood in more than one way is not understood at all." -R. J. Kizlik

Course Syllabus

THEORY

- Muscle physics, neurology, blood distribution
- Alignment Theory
- Body mechanics
 - Mechanics of the pelvic floor
 - Mechanics of the psoas
 - Mechanics of the shoulder girdle
 - Mechanics of the legs and hips
 - Mechanics of the feet
- Biomechanics and physiology
 - Physics of Circulation
 - Physics of Neurology
 - Physics of Respiration
 - Physics of Cellular Regeneration
 - Physics of Bone Density/Regeneration
- Psychology of pain, compliance, injury/disease
- Assessing Motor Skill

APPLICATION- Exercise Prescription

- Gait analysis
- Program Design
 - Assessment
 - Exercise Prescription
 - Designing private/group sessions
- Special populations
 - Working with older populations
 - Working with athletes

Due to Katy's media schedule, order of curriculum is subject to change

Investment

Course Cost: \$2500 + \$250 Equipment Fee. Includes all Course Requirements plus 6 months unlimited classes (see note for out of town students). Your non-refundable Equipment Fee secures your place in the course and includes 17 Exercise DVDs plus Equipment shipped to you prior to the start of the Course.

Payment Plan: Payment programs are available. Add \$130 processing fee.

Out of Town Students: Please contact us for additional information.

Check www.restorativeexercise.com for more information.
To enroll please contact
The Restorative Exercise Institute at **(805) 642-9900**.

Restorative Exercise™ is an educational exercise program based on the biomechanical theory of optimal wellness, and is an in-depth look at how the mechanics of the “human machine” function optimally.

The Biomechanical Model of Preventative Medicine is based on physics, physiology, anatomy, and engineering and simply states that all-over muscle use is a requirement of human health and is not optional. Many common, expensive ailments are a result of poor motor skills and can be corrected through diligent practice of simple movements.

Wellness

Restorative Exercise™ is not about fitness, but about optimal health. Chronic pain and disease issues are primary concerns. They should be actively addressed before attempting any other physical activity or exercise program.

Optimal movement mechanics have significant effects on knee pain, oxygen intake, blood pressure, back injury, osteoporosis, balance, bunions, flat feet, and weight gain.

Health- Not Fitness

Using Restorative Exercise™ as a regular exercise program ensures that mechanically correct movement patterns are always being used, which increases circulation, muscle use, and calorie expenditure.

Fitness is about how you move all the time, not just for an hour a day at the gym.

Performance

The mechanics of movement are essential to an athlete’s performance, whether for enjoyment or competition. Restorative Exercise™ offers programming specific to your sport. Enhance performance and longevity while decreasing risk for repetitive injury.



Katy Bowman, M.S.

Biomechanist Katy Bowman has developed a practical series of simple joint exercises that are revolutionary in their ability to restore joint function, ease or eliminate chronic pain, and correct spinal alignment.

With a strong affinity to physics and the human body, she received her Master’s degree in Kinesiology with an emphasis in Biomechanics. One of Katy’s personal goals is to not only bring her science based Restorative Exercise™ to mainstream America, but to educate the health care community about proactive, biomechanical, holistic exercise.

The Restorative Exercise Institute (REI) is a community of individuals dedicated to the advancement and enjoyment of Restorative Exercise™. Through continued research and education, REI clients, instructors, and affiliated professionals are committed to the unending pursuit of optimal wellness.

For more information about the **Restorative Exercise Institute**, visit www.restorativeexercise.com or call (805) 642-9900.

“A wise man should consider that health is the greatest of human blessings, and learn by his own thought how to derive benefit from his illnesses.”

-Hippocrates



*Most will encounter a new paradigm.
Some will try it out.
A few will march the path toward a new life.
The select few will show the way to others.*

**RESTORATIVE EXERCISE SPECIALIST™
TRAINING PROGRAM**

with Katy Bowman, M.S.

April 2010