



CERTIFICATE PROGRAM ANNOUNCEMENT

“Specialist in Isokinetic Dynamometry and Exercise”

Duration: 3 MONTHS

A program entitled “Specialist in Isokinetic Dynamometry and Exercise” is going to be delivered along the Long Life Learning Infrastructure of the Aristotle University of Thessaloniki.

The purpose of the program is to provide specialization in the use of isokinetic dynamometers for the assessment and improvement of muscle function.

Isokinetic dynamometers are an integral part of modern centers of sport performance assessment, orthopaedic centers and clinics, sport medicine centers, physiotherapy clinics and rehabilitation and physical conditioning centers. This is because isokinetic dynamometers allow the assessment of muscle strength with high precision, reliability and validity. The absence of a certified education program which specializes in isokinetic dynamometry would provide a significant advantage to those who hold this certificate.

The program is directed to graduates of Physical Education and Sport Sciences, graduates of Medical School with specialization of orthopaedics, physical medicine and rehabilitation, neurology, rheumatology, or related research work, graduates of physiotherapy as well as University Graduates with a proven working experience in working in orthopaedic centers and clinics, sport medicine centers, physiotherapy clinics and rehabilitation and physical conditioning centers.

The seminars delivery timetable can be flexible in order to accommodate those who work to attend.

A. Theoretical Background, distance learning (28 hours)

B. Hands-one practice (10 hours in the Laboratory of Neuromechanics of the Department of Physical Education and Sport Science at Serres, AUTH, Serres)

Assessment of participants will be accomplished on-line using two tests and/or a laboratory report as follows:

1st assessment test: After the first 6 lectures

2nd assessment / or report: After the end of the theoretical and prior to the practical session

Upon successful completion of the program, participants will obtain a Certificate of Learning (ECTS) from the Aristotle University Long Life Learning Unit.

Applications will be accepted exclusively via Internet from **February 21st to March 27th 2017** in order of priority.

For more **information and application**, interested applicants can visit the Lifelong Learning Unit site http://diaviou.auth.gr/isokinetic_eng_b or the laboratory of Neuromechanics site <http://neural-sr.web.auth.gr/> and contact Professor Eleftherios Kellis at ekellis@phed-sr.auth.gr.

The Chairman of the
Lifelong Learning Unit
S. Ves, Professor

The Director
of the program
E . Kellis, Professor