Course Title: Barefoot Balance Training:
Improve Posture and Build Strength with Barefoot Science

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and Training) 0.3 (3 Hours) Approved and Accepted by several additional organizations.

Author:

Dr. Emily Splichal, DPM, MS, MPH, CPT
Evidence Based Fitness Academy

Dr Emily Splichal, Podiatrist and Human Movement Specialist, is the Founder of the Evidence Based Fitness Academy. With over 10 years in the fitness industry, Dr Splichal has dedicated her medical career towards studying postural alignment and human movement as it relates to foot posture and foot strength. Dr Splichal is expert lecturer and TV personality with appearances on Oprah Winfrey, The Today Show & Good Day NY. Dr Splichal is sought after for her expertise in barefoot training, foot health and postural alignment.
Degrees/Certifications: Doctor of Podiatirc Medicine (DPM), Master's in Public Health (Fall Reduction), M.S. Human Movement, NASM-CPT, ACSM- Exercise Specialist

Course Summary:

Welcome to one of the Evidence Based Fitness Academy's most popular workshops now available for Home Study. Join Dr. Emily Splichal as she explores the science of balance training combined with barefoot training, bringing you one of the most effective techniques for correcting movement dysfunction, improving athletic performance, and building total body strength.

This course will review the integrated function between the foot and ankle distally and the hip proximally, the science behind the single leg stance and the benefits of training without shoes. Like all courses from the Evidence Based Fitness Academy, all techniques taught within this course are based on the latest research and maintain an evidence-based approach.

Objectives:

After completing this course you will be able to:

1. Discuss the importance of balance and barefoot training.
2. Describe 2 factors necessary to integrate barefoot balance training into a client's program.
3. Identify 4 bones and 2 joints associated with the rearfoot.
4. Discuss the role of 6 extrinsic muscles and 5 intrinsic muscles in influencing the subtalar, ankle, and foot joints.
5. Explain 2 kinematic influences on foot, ankle, and hip function.
6. Identify and discuss 4 muscles/muscle groups associated with the hip and how these muscles could affect dysfunction in the hips and feet.
7. Describe how single leg stance training affects stabilization, function, activation and balance in the foot, knee, hip and pelvis.
8. Discuss the role of neuromuscular influences, maintaining balance, plantar receptor sensitivity, and training surfaces on barefoot balance training.
9. Explain how to safely and effectively perform a neuromuscular warm-up, 5 static stabilization exercises, and 6 dynamic stabilization exercises for barefoot balance training.

Outline:

Bibliography:

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