

# AWC Year 1 Blue Print & Calendar



**Week 1** – Group Presentation of the AWC Overview

**Week 2** – Group Presentation of the AWC Blue-Print & Case Study

**Week 3** – Group Presentation of the AWC Assessment

|        | Weeks<br>4, 5, 6, 7         | Weeks<br>9, 10, 11, 12                             | Weeks<br>14, 15, 16, 17                       | Weeks<br>19, 20, 21, 22                   | Weeks<br>24, 25, 26, 27                      | Weeks<br>29, 30, 31, 32                         | Weeks<br>34, 35, 36, 37               | Weeks<br>39, 40, 41, 42                             | Weeks<br>44, 45, 46, 47                     | Weeks<br>49, 50, 51, 52                                                            |
|--------|-----------------------------|----------------------------------------------------|-----------------------------------------------|-------------------------------------------|----------------------------------------------|-------------------------------------------------|---------------------------------------|-----------------------------------------------------|---------------------------------------------|------------------------------------------------------------------------------------|
| Robert | Assessing Strength          | Programming for Strength                           | Activation Techniques for Resistance Training | Rotation                                  | Loaded Carry                                 | Hinge & Hinge Bent Knee                         | Horizontal Pull & Row                 | Vertical Push & Press                               | Split Squat & Step Up                       | Modifying Strength Training Programs                                               |
| Evan   | Assessing Posture           | Programming Correctives                            | Postural & Diaphragmatic Activation           | Rotation Correctives                      | Loaded Carry Correctives                     | Hinge & Hinge Bent Knee Correctives             | Horizontal Pull & Row Correctives     | Vertical Push & Press Correctives                   | Split Squat & Step Up Correctives           | Modifying Corrective Exercise Programs                                             |
| Chris  | Assessing Balance           | Programming Balance & Fall Risk Reduction Training | Sensory Systems, Sensory Training             | Postural Control, Joint Mobility Training | Limits of Stability, Static Balance Training | Balance Perturbations, Dynamic Balance Training | Gait Cycle, Gait Enhancement Training | Muscle Power and Balance, Reactive Balance Training | Adapting Balance Training Programs for CPTs | Modifying Balance and Fall Risk Reduction Programs                                 |
| Ryan   | Assessing Dual Task Ability | Programming Cognitive Training                     | Sensory Neuroscience                          | The Neuroscience of Exercise              | Dual-Tasking In Gait and Balance             | Cognitive Motor Training Techniques             | Cognition and Postural Control        | Reaction Time Training & Corticospinal Activation   | Stepping, Physical Activity, & Brain Health | Modifying Exercise Programs for Brain & Mental Health (The unseen Acute Variables) |

**Every 5th week the AWC presenters will come together for a COLLECTIVE WEBINAR where they will discuss the previous month's content and present an integrated Client Case Study complete with assessment results and a periodized training program.**