

Evidence Based Fitness Academy®



2014 Course Catalog



What is EBFA?

The **Evidence Based Fitness Academy** is a Continuing Education Institute created to provide scientific and research-based curriculum for health and fitness professionals with a focus on foot fitness and barefoot science.

We are leaders in barefoot education and are paving the way in evidence-based barefoot training guidelines and programming targeted towards corrective exercise, movement assessment and athletic performance.

With our **Barefoot Training Specialist**® , **BarefootRx**® and **BARE**® Workout Certifications, EBFA is able to introduce barefoot concepts to a vast array of health and wellness professionals.

Why train barefoot?

When we hear the words "**barefoot training**" most people immediately think about barefoot running and/or minimalist footwear. But what if I told you that the benefits and power behind barefoot science far exceeds running barefoot or wearing minimalist shoes?

Our **Barefoot Training Programs** are designed to present the latest research in barefoot science as it relates to restoring foot function, re-enforcing corrective exercise and enhancing athletic performance.

Learn how barefoot training can change foot structure, improve neuromuscular activation patterns and reinforce integrated movement patterns of the lower extremity.

What courses are offered through **EBFA**?

Live Workshops

BARE® Workout

BarefootRx® Barefoot Rehab

Barefoot Training Specialist®

Barefoot Training Power & Agility

Bells & Bare Feet

Foot Strike & Functional Movement

At-Home Study

Barefoot Balance Training

Barefoot Training Power & Agility

Functional Foot & Ankle Level 1

Rethink Proprioception Training

Unleash the Power of Propulsion

BARE® Workout – Instructor Training

Created by Podiatrist & Human Movement Specialist, Dr Emily Splichal BARE® is the only workout that combines the benefits of barefoot science and balance training for one intense workout!

BARE® is the only barefoot balance training workout that is uniquely designed to improve balance, hip strength and core endurance. Through progressive barefoot balance sequences, jumps and triplanar movements, BARE® will burn, tone and define.

NASM 0.5 ACE 0.5 AFAA 4.75

Registration Fee: \$175 (includes manual & DVD)

5 Hour Workshop

Barefoot Training Specialist®

One of the hottest buzzwords currently in the fitness industry is “barefoot training”. As we explore the benefits of working-out sans footwear we must ask ourselves “Why?” Why train barefoot when shoes seem to provide the support and shock absorption needed for optimal performance? The answer to this question lies in the function of the human foot.

With no established guidelines on barefoot training protocol, this is the only workshop that will fully prepare fitness professionals and running coaches to better integrate barefoot training and foot fitness into their client’s workout and running programming. Taught by Podiatrist and Human Movement Specialist Dr Emily Splichal, this 6-hour workshop will cover foot & ankle function, barefoot progressions for different foot-types, barefoot balance training and barefoot running.

NASM 0.6 NSCA 0.6 ACE 0.6 AFAA 4.75

Registration Fee: \$225 (includes manual, DVD, certification exam)

6 Hour Workshop



BarefootRx® Barefoot Rehab Specialist

What are the benefits to integrating barefoot science into your current rehab programming? The answer to this question lies in the function of the human foot and the power of barefoot training as a form of neuromuscular activation. With no established guidelines on barefoot training protocol, this is the only workshop that will fully prepare health and fitness professionals to better integrate barefoot science and *from the ground up*™ principles into their patient's rehab programming.

Created by Podiatrist and Human Movement Specialist Dr Emily Splichal, the **Barefoot Rehab Specialist**® Program will change the way you look at human movement and neuromuscular activation. This Program will cover lower extremity anatomy and biomechanics, assessment techniques, foot-specific programming for different foot-types, barefoot science and evidence-based barefoot training techniques and programming.

NASM 0.6 ACE 0.6 AFAA 4.75

Registration Fee: \$225 (includes manual, certification exam)

6 Hour Workshop

Barefoot Training for Power & Agility

From heel strike to push-off, our foot dictates the way our body responds- and reacts- to human movement and athletic performance. The coordinated eccentric and concentric contractions of the foot musculature often dictates the speed, strength and power of an athlete.

Learn how to apply barefoot training principles to optimize foot function in the client or athlete that is looking for an advantage. Get ready to take the concept of barefoot training to a whole new level!

NASM 0.3 ACE 0.3 AFAA 2.5

Registration Fee: \$99 (includes manual)

3 Hour Workshop

Bells & Bare Feet:

The Why Behind Barefoot Kettlebell Training

From improved proprioceptive feedback to enhanced muscle activation pathways, Dr Emily will teach you the why behind barefoot training and total body strength. With the foot as the foundation to movement learn how the neuromuscular pathways travel from the foot to the hand. This lecture and workout will both excite and challenge you as a fitness professional.

NASM 0.3 ACE 0.3 AFAA 2.5

Registration Fee: \$99 (includes manual)

3 Hour Workshop

Barefoot Balance Training

In closed chain kinematic the foot is the foundation to human movement. This means that any dysfunction in the foot must impact knee, hip and lower back alignment. Conversely, in open chain kinematics, hip strength controls knee and foot posture. Learn one of the most effective techniques for improving foot posture, controlling knee pain and strengthening the hip. After this workshop you will fully appreciate the power of barefoot work and balance training! Improve posture and build strength – with barefoot balance training.

NASM 0.3 ACE 0.3 AFAA 1.5

Registration Fee: \$50 (includes manual)

1.5 Hour Workshop



Foot Strike & Functional Movement

You assess your client's squat and lunge, but how often do you assess their walk?

As one of the most functional movements we do everyday, walking should be the foundation to all functional movement screens. Join Dr Emily for a workshop that will break down human walking and running gait cycle. Experience the basics to a proper gait assessment and take away skills you can use on your clients and patients right away!

NASM 0.5 NSCA 0.5 ACE 0.5 AFAA 4.75

Registration Fee: \$175 (includes manual & DVD)

5 Hour Workshop

Interested in Hosting an **EBFA** Workshop?

All **EBFA** workshops are scheduled at the convenience of the Host Site. Although most workshops are on the weekends, we can coordinate a time and day that works best for your fitness team.

Requirements of Host Sites:

1. Space large enough to accommodate 20-30 attendees
2. Blank wall or screen to project against
3. Power source/outlet

Booking an **EBFA** Workshop

After reviewing the **EBFA** Course Catalog, workshops can be scheduled by contacting the **EBFA** at education@ebfafitness.com

After all details are finalized, a Host Site Agreement will be created, as well as all marketing materials. Attendees are able to register for all **EBFA** workshops via the **EBFA** website and through PTontheNet.com

For Host Sites interested in reducing the costs of continuing education to their staff, **EBFA** also offers a blanket fee payment option. For more information on the blanket fee option, please contact dremily@ebfafitness.com

Learn more about evidence-based fitness at
www.ebfafitness.com



Leaders in Barefoot Education