

Winter 2010/11 Workshop Programme

Strength & Power Diagnostics

Wednesday 15 December, 9.30am – 4.30pm

University of Salford

Programme Outline

9.30 -10.00	Arrival (Reception) and refreshments (Mary Seacole Building)
10.00 -10.10	Welcome and introduction
10.10 -11.00	Theoretical underpinning of technology used to assess and strength and power
11.00 -12.00	Developing protocols to assess strength, power and bilateral asymmetry.
12.00 12.30	Lunch
	Small group sessions (60 minute rotations)
	The use of force platforms and displacement transducers for assessing strength and power related variables across the force-velocity spectrum
	Paul Comfort
12.30 - 3.30	The use of force platforms for assessing bilateral asymmetry
	Paul Jones
	The use of isokinetic dynamometers for assessing strength, muscle imbalance and bilateral asymmetry
	Phil Graham-Smith
3.30 – 4.20	Discussion – Interpretation and practical use of data for improving performance and screening for injury
	All presenters
4.20 - 4.30	Workshop evaluation and depart

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