Course Title: **Fitness Intelligence for the Health-Fitness Professional: Land 2  Burdenko Belt & Stick**

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

Credit hours:  ACSM 3.0, COPS K-T 0.3, NCSF 1.5, NFPT 1.0  YMCA 3.0, NSPA 3.0, W.I.T.S. 3.0

Author:

**Igor N. Burdenko, PH.D.**

Igor N. Burdenko is the founder and chairman of the Burdenko Water and Sports Therapy Institute in Bedford, Massachusetts. The institute is dedicated to healing programs that combine traditional and alternative therapies in the water and on land. Dr. Burdenko has developed a national and international certification program for the Burdenko Method. His clients include numerous athletes from the NBA, NFL, NHL, U.S. and Russian Olympic Teams, members of the U.S. Handicapped Olympic Team, and several top world known dancers and figure skaters. Educated in Russia, Dr. Burdenko received his Ph.D. in Sports Medicine and his M.S. in Physical Education. He has authored and co-authored four books and over one hundred articles on health and fitness, training and conditioning. He presents seminars, lectures and certification of the Burdenko Method throughout the world. He also consults on the design and implementation of therapeutic facilities and equipment. More than forty years of experience and research have made Dr. Burdenko one of the world’s leading authorities on the use of land and water exercises for rehabilitation, conditioning, and training.

Course Description:

The Burdenko Method of Fitness Intelligence was developed through years of research, training, and practice by Igor Burdenko. Dr. Burdenko has rehabilitated and trained several Olympic medal winning athletes. These exercises are highly adaptable for all levels of clients to the equipment shown or to use without equipment. Applications for group fitness, personal training, and rehabilitation. Fitness Intelligence exercises work very well for small group training formats for quick and effective training. Training levels for all exercises are presented, with video and pictures to help guide you. Add these
innovative and effective training exercises and techniques to your programs for a fresh edge and unique program twist. There are 3 courses available for land exercises and three available for aquatic exercise applications.

Introduction:

The unique Burdenko Method works to restore full functional capacity through concepts in Fitness Intelligence. Exercise is an act of intelligence: the ability to process information and use it in fitness performance: how to move the body gracefully, efficiently and safely in different environments and activities, based on education, knowledge and experience. Progress your clients through one of a kind exercises designed to harmonize six essential qualities: balance, coordination, flexibility, speed, endurance, and strength.

The purpose of this course is to present a different approach to exercise activities and to show how this program pays a health dividend and gives you a feeling of well-being and accomplishment. Ultimately, it teaches that exercise is neither a chore nor a show, but preparation for everyday life and a healthy future.

This course incorporates important information for teaching your clients fitness activities using The Stick and Burdenko Belt. After you have studied this course, you should be more qualified to teach these concepts in personal training and group fitness.

Objectives:

After completing this course you will:

1. Understand the origins of the Burdenko Method.
2. Describe the Burdenko concept of Fitness Intelligence (FI).
3. Understand the general concept of the Burdenko Method.
4. Identify the levels of the Burdenko Method.
5. Understand the principles, philosophy, and general characteristics of the Burdenko Method.
6. List and describe the six essential qualities of exercise.
7. Determine the target market for Burdenko exercises.
8. Describe exercise guidelines and training tips for Burdenko FI exercises.
9. Understand the components of a workout with proper warm-up, conditioning, and cool down.
10. Identify general training principles for Burdenko FI training exercises.
11. Demonstrate and explain 15 exercises with a stick with proper technique and training progression.
12. Demonstrate and explain 15 exercises with the Burdenko Belt with proper technique and training progression.

Outline:

Introduction to the Burdenko Method
About Igor Burdenko
Fitness Intelligence

The Burdenko Method:
  Rehabilitation (Restore)
  Conditioning (Maintain)
  Training (Enhance)

Chart for Levels of the Burdenko Method

Levels of the Burdenko Method:
  Restore
  Maintain
  Enhance

Principles of the Burdenko Method

Philosophy of the Burdenko Method
  Rotation
  Bending
  Extending
  Pushing
  Pulling
  Reaching
  Jumping
  Shifting

The Primary Characteristics of the Burdenko Method

Six Essential Qualities of the Burdenko Method:
  Balance
  Coordination
  Flexibility
  Endurance
  Speed
  Strength

Target Market:
  Personal Training
  Small Group Training
  Group Fitness

Exercise Guidelines
Training Tips

General Training Principles

Components of the Training Session:

Warm-up
  Dynamic Stretching Exercises, Lead-up or Free Movement Exercises
Conditioning
Cool Down

Exercises with a Stick

About the Equipment: Stick
Exercise 1: Front to Side Pass
Exercise 2: Pass Overhead
Exercise 3: Squat with Arms Forward and Overhead
Exercise 4: Side Lunges
Exercise 5: Kick the Stick
Exercise 6: Propeller
Exercise 7: Half a Circle
Exercise 8: Around the Body
Exercise 9: Lunges with Turns
Exercise 10: Step Over Side
Exercise 11: Step Over Forward
Exercise 12: Billiard
Exercise 13: Speed Skating
Exercise 14: Forward Bend
Exercise 15: Squat and Catch

Summary Chart for Exercises with a Stick

Exercises with the Burdenko Belt

About the Equipment: Burdenko Belt
Tips for the Burdenko Belt Program
Exercise 1- Step Sequence
Exercise 2- Arms Extension Sequence
Exercise 3- Punch Forward
Exercise 4- Mimic Weight Lifting
Exercise 5- Squat
Exercise 6- Hurdles
Exercise 7- Side Bend  
Exercise 8- Reach the Toes  
Exercise 9- Leg Swing  
Exercise 10- Speed Skating  
Exercise 11- Balance in Three Directions  
Exercise 12- Hurricane  
Exercise 13- One Legged Squat  
Exercise 14- Carioca  
Exercise 15- Walk, Jog, Run  
Summary Chart for Exercises with Burdenko Belt  

Bibliography:

9. Alexandra Strelnikova Breathing Exercises. For information go to http://strelnikova.freehostia.com/  
10. Dr. Michail Shetinin. For information go to http://health.groups.yahoo.com/group/strelnikova_exercise/  
13. ATU: Aquatic Therapy University. info@aquaticuniversity.com. 800.680.8624
Fitness and Health Promotion, taught within the School of Community and Health Studies, is a two-year health diploma program that will include: Anatomy and physiology. Fitness assessment. Leadership skills. Injury management. Nutrition. Fitness marketing. Health promotion. Computer skills. Mental illness and mental wellness. Current functional-fitness training principles. Speed, agility, quickness and Olympic lifting principles. Older adult and special populations programming. You'll also learn course material related to the canfitpro Personal Training Specialist certification and have an opportunity to receive this certificate in the program. Lastly, in the fourth semester, you'll be prepared to pursue the Twist Sport Conditioning Advanced Functional Training certification. Health and Fitness Courses. You're probably looking to work in the health and fitness industry because you love all things fitness. You might spend all your spare time in the gym, are passionate about getting other people in shape, or simply want your day job to be something you actually like doing. For some people, that's where it ends. But not for you – you're motivated and will make it happen, whether that means a complete career change, or a step up in your current role. Find out more about the courses that we run at The Training Room here: Home. health and fitness. 3. Marathon running. World Mental Health Day, on 10 October, is a day to raise awareness of the effects mental illness has on millions of people's lives across the world, and to help educate and inform us all. See more. 47. Yoga. Yoga is becoming more and more popular around the world. What exactly is it, where did it come from and what are the health benefits of doing yoga? See more.