IM Exercise Adaptations for Training Tennis Players

Course Description:
During this webinar we will explore the importance of focus, concentration, rhythm and timing, coordination, balance, motor planning and sequencing and decision making; skills that are vital in any sporting performance, but focusing primarily on the physical and mental demands of tennis players. IM training has the potential to fill the gap that currently exists between unique sporting skills such as these, identified as necessary for peak performance, but not yet filled in regular sports training programs.

An important aspect of combining IM training with regular sports programs, is identifying the unique requirements of the individual athlete's performance through observation and analysis , then applying this knowledge to formulate a program specifically tailored to the individual's needs. Previous research and documentation using the IM in sport, has focused primarily on a "one size fits all" type of program. Standard 12 exercise programs for any sport. During this presentation, I will take IM training a step further by changing and expanding existing IM exercises in to sport specific, challenging exercises that meet the individual demands of tennis players, identified though the observation and analysis process.

To personalize IM programs for athlete's it is important to identify and analyse the physical, mental and environmental factors sporting athletes encounter, and then the applications involved to plan a creative sport specific IM program, that both simulates and challenges various athlete components discovered during the observation period.

I will take you through a step by step example of how observation and analysis of a tennis player's game, combined with creative brainstorming and adaption of IM exercises, can produce a personalized, challenging sport specific IM program for tennis players that address the multiple demands that are present for athlete's to perform tennis an elite level.

Target Audience:
- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer
- Licensed Medical or Mental Health Professional
- Music Therapist

Learning Outcomes:
Upon completion of this course, participants will be able to:
- To observe and analyse the unique sporting movements and demands of tennis players.
- To transfer tennis observations relating to movement and sporting demands into creative, simulating and challenging IM exercises.
- To see a sample program developed for tennis players that is flexible, rigorous, skill specific and challenging for tennis players.

*Note: This course covers information that pertains to licensed therapists and therapy assistants. COTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.

Instructor:
Jodi Fulwood is a Sports Performance Consultant for Beyond Peak Performance, a company she created in 2006. She works with amateur, aspiring and elite athletes, using a range of brain training technologies and strategies, focusing primarily on the Interactive Metronome.   Since her certification as an IM provider, Jodi has been working in the field of sports performance enhancement within Australia, Canada and China.

She has a Bachelor Degree of Applied Science in Exercise and Sport, from the University of South Australia. She is a certified provider of the Interactive Metronome (IM), has certificates in Sports Psychology and is practised in neuro-programming strategies.

Jodi has experience working with various sporting athletes, including but not limited to tennis, hockey, volleyball and soccer players, wrestlers, swimmers and golfers. Athletic ability has ranged from amateur to Junior National level of competition. She has also worked with corporate executives and people recovering from TBI and stroke.

She has vast personal experience participating in a wide range of team and individual sports. Jodi has been a state representative in Netball, Swimming, Athletics, Gymnastics and a national representative in Softball. Her extensive sporting background and participation in a wide diversity of sports, gives her a solid practical foundation, and the unique ability to analyze sporting skills, components and demands, in both individual and team environments. Her brain training programs are designed to work in collaboration with existing coaching, fitness and skills training programs. Together with coaching and management teams, she specializes in creating a holistic and integrated approach to elite sports training.

Disclosures:
Instructor Financial Disclosure(s): Jodi received an honorarium for the development and presentation of this course from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Jodi does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Jodi uses the Interactive Metronome with clients in private practice.

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Agenda (60 minutes):
- Speaker introduction & disclosure
- Athletes who choose IM training
- How IM benefits athletes
- Personalizing IM training for athlete-specific performance
    - Physical requirements
    - Mental requirements
    - Environmental requirements
- Targeted IM training
- Video Illustrations: IM exercises specifically for tennis players
- Summary

Instructional Methods:
LECTURE, PPT, VIDEOS, ILLUSTRATIONS

CEUs:
This course is not offered for CEUs.