

 ACROTRIX



SPORTS THERAPY FOR DANCERS & ACROBATS

COMPANY PROFILE



We are the brand defining the scope of Acro in the UK and beyond. Our ultimate mission is to provide up to date and current teaching methods in Acro to students, teachers and choreographers alike.

We provide Teacher Training to dance & performing arts teachers (amongst others) throughout the UK and beyond.

In addition, we provide student workshops to Dance Schools, Performing Arts Schools, and Gymnasiums.

Acrotrix are diverse in talent from experts in Acro, and Dance to highly qualified Physios, Sports Therapists and Exercise Scientists.



WHY SPORTS THERAPY?

LONGEVITY.

Our students may want to perform as a career. They may want to take a different path. Either way, it is our duty to ensure they are training safely for either of those two outcomes.

Understanding the importance of 'prehabilitation' and being able to recognise tell-tale signs of impending injury are crucial to the longevity of our students's, their bodies and their lives.

COURSE CONTENT

UNDERSTANDING PREHAB

You will learn to diagnose common signs BEFORE they inevitably cause injury:

- Hip drops
- Knee valgus
- Feet dysfunctions
- Scapular winging and shoulder positioning
- Spinal posture and core activation

REHAB THEORY

You'll learn how to categorise the injury:

- Acute vs chronic
- Muscle, tendon, ligament & joint/bone
- Growth plate injuries

COURSE CONTENT

DECONSTRUCTING COMMON INJURIES

You will learn to dissect the most common injuries for the parts of the body **below**, including:

- signs and symptoms
- de-loading requirements
- rehab stages
- golden exercises

PARTS OF THE ANATOMY COVERED

- Ankles
- Knees
- Hips
- Spinal
- Shoulders
- Wrists & elbows

PART 1
PART 2
(5hours total)
(ONLINE)

**ASSESSMENT &
COURSEWORK**
1 month
(ONLINE)

CERTIFICATION

GET CERTIFIED!

**INDEPENDENT
CERTIFICATION**

YES you will receive
certification to state you
have completed the course.

COSTS & FEES

£179

FULL PRICE FOR
THE COURSE -
INCLUDES COURSE
MATERIALS

FREQUENTLY ASKED QUESTIONS

Will I become a qualified physio after the course?

No. That would take many years, and dedicated work experience! You will be certified to assess dance & acro related injuries, and learn to **PREVENT** injuries in detail.

Will I be insured?

If you already have insurance for teaching, you may be covered when you show this certification, to your insurer otherwise you will need to add this specific insurance onto your current policy. Note - this course does not cover massage therapy.

Will I need to invite any students, or bring anything?

We will provide demonstrators, but you may use children in your own household too!

Can I teach other teachers / coaches how to do this after I'm Certified?

No your certification is for you only. Our tutors are highly experienced and heavily qualified in Sports Therapy and have qualifications in either Dance or Acro, (some both!)

FREQUENTLY ASKED QUESTIONS

Do I need any previous qualifications?

No you don't. As we will be teaching from the fundamentals, and assessing on the day, you will be qualified with us regardless of previous qualifications.

What about assessments?

There will be a written assessment to be completed on the day, and coursework to complete before certification is awarded.

What about Safeguarding?

You will be expected to have a full valid DBS certificate, and SPC (Safeguarding & Protecting Children) certificate in place.

Will i need equipment?

You and students undergoing prehab and rehab will each need their own basic equipment such as therabands, ankle weights and yoga blocks.

2021

JAN

SUNDAY 17TH TBC

FEB

TBC

MAR

TBC

APR

TBC

MAY

TBC

TIMELINE OF COURSES



HOW TO BOOK

Simply click the button below to head
to our bookings page, or go to our site!

BOOK HERE

CONTACT US

Tap any of the icons below to follow us or contact us!



info@acrotrix.com

@acrotrix

Acrotrix