

SCHEDULE**DAY 1**

9:00 – 9:10	Opening Remarks
9:10 – 9:55	Methodology Lecture
9:55 – 10:30	Movement Lecture
10:30 – 11:30	Movement Practical
11:30 – 12:15	Methodology Lecture
12:15 – 1:15	Lunch
1:15 – 1:45	Movement Lecture
1:45 – 2:45	Movement Practical
2:45 – 3:20	Methodology Lecture
3:20 – 4:00	Movement Lecture and Practical
4:00 – 4:50	Workout
4:50 – 5:00	Closing Remarks

DAY 2

9:00 – 9:10	Opening Remarks
9:10 – 9:40	Movement Lecture
9:40 – 10:35	Movement Practical
10:35 – 11:10	Workout
11:10 – 12:00	Methodology Lecture
12:00 – 1:00	Lunch
1:00 – 1:25	Movement Lecture
1:25 – 2:00	Movement Lecture and Practical
2:00 – 2:30	Movement Lecture and Practical
2:30 – 3:20	Methodology Lecture
3:20 – 4:50	Test Administration
4:50 – 5:00	Closing Remarks