INSTRUCTOR BIOGRAPHY

Kevin Dunn graduated from the University of Oklahoma Health Sciences Center with a Masters degree in Physical Therapy, where he specialized in the study of spinal dysfunction.
Kevin spent the past seven years working in the fitness and rehabilitation industries as both a personal trainer and a physical therapist. Currently, he manages a physical therapy and wellness practice at Focus on Fitness in Oklahoma City, OK.
Kevin teaches the spinal structure, spinal mechanics, and rehabilitation/specialty exercise portion of the RTS Spine and Trunk Mastery course. Kevin has lectured for the Oklahoma Physical Therapy Association, and continues to lecture for both the RTS and MAT programs.

JUMPSTART COURSE DETAILS

LOCATION– Oklahoma City, OK
The Pilates Edge
2927 W Wilshire Blvd
Oklahoma City, OK 73116

DATES-
Lower Body– August 7-8, 2010
Upper Body– August 28-29, 2010
Trunk & Spine– September 18-19, 2010

HOST CONTACT-
Rene Craig
EMAIL: rene@pilates-edge.com

COST-
Per Module: $395
Per Series: $1005
A total savings of $180
REGISTER AT– www.muscleactivation.com or call 1-877-999-9MAT ext. 2

Greg Roskopf's MAT MUSCLE ACTIVATION TECHNIQUES

Muscle Activation Techniques™

5555 DTC Parkway Suite C3300
Greenwood Village, CO
80111

Phone: 303-745-4270
Fax: 303-745-4287
Website: www.muscleactivation.com

JUMPSTART YOUR CAREER

Greg Roskopf's MAT MUSCLE ACTIVATION TECHNIQUES

THE MAT JUMPSTART PROGRAM WILL GIVE YOU THE SKILLS TO SET YOU APART FROM THE REST

For more information on course dates and locations please visit our website at www.muscleactivation.com

GREG ROSKOPF'S MUSCLE ACTIVATION TECHNIQUES™

About the Founder

The MAT program was developed by Greg Roskopf who has worked as a Biomechanics Consultant for various teams and athletes, including the Denver Broncos, Utah Jazz, and the Denver Nuggets.

What is MAT?

MAT is a systematic approach which identifies and addresses muscular imbalances and weaknesses that can lead to inefficient function, pain, or injury. MAT is designed to correct body alignment in order to prepare the body for what you are asking it to do.

Why is MAT unique?

-MAT views muscle tightness as secondary to muscle weakness.

-The MAT client assessment takes advantage of the mechanical relationship that exists between the function of all joints.

What education programs are available?

MAT has two education programs that are offered to health and fitness professionals.

-The MAT Jumpstart Program

This 2-day program has three intensive modules; Lower Body, Upper Body, and Trunk & Spine. This series is the foundation to Muscle Activation Techniques™ and an introduction to the neurophysiology, biomechanics, and practical application of MAT.

-The MAT Internship Program

The biomechanics-based, advanced level program consists of eight 3-day weekends over a 10 month period. You will gain the knowledge and high level skills necessary to evaluate and correct your clients muscular imbalances for long lasting results. Upon successful completion, you are eligible to become certified as a MAT Specialist.

For more information on Greg Roskopf's **Muscle Activation Techniques™** please call

1-877-999-9MAT ext. 2 or visit our website at www.muscleactivation.com

MAT Jumpstart Courses are registered with BOC and may be petitioned for approval by all other certification and licensing organizations

MAT Jumpstart Program

-Course Layout

Each MAT Jumpstart module consists of two, eight hour days, providing 16 contact hours for CEC's.

Attendees must participate in the Lower Extremity weekend prior to attending the Upper Extremity or Trunk & Spine.

-Course Objectives

- Teach health and fitness professionals how to objectively evaluate and identify biomechanical imbalances within the human body
- Demonstrate how to identify and eliminate positional weakness that may lead to injury or further compensation
- Raise the level of understanding of how biomechanical imbalances lead to repetitive stress and chronic overuse injuries
- Help health and fitness professionals prove that what they are doing is actually working
- Examine how muscle tightness is secondary to muscle weakness