

### **“Strength Training, Coordination and Anatomy of Agility” overview spring 2021**

#### ***April 5-16***

- online view video presentations module 1
- prepare questions for class room session module 1
- select details for cases study module 1

#### ***April 17 (14.00 - 20.00 hours Central European Time)***

- online class room module 1 with Q&A and working on templates in breakout rooms

#### ***April 18- 24***

- complete templates module 1 (using Zoom meetings)

#### ***April 18-30***

- online view summary module 1
- online view video presentations module 2
- prepare questions for class room session module 2
- select or add details for cases study module

#### ***May 1 (14.00 - 20.00 hours CET)***

- online class room module 2 with Q&A and working on templates in breakout rooms

#### ***May 2- 8***

- complete templates module 2 (using Zoom meetings)

#### ***May 2- 14***

- online view summary module 2
- online view video presentations module 3
- prepare questions for class room session module 3
- select or add details for cases study module

#### ***May 15 (14.00 hours CET)***

- online class room module 3 with Q&A and working on templates in breakout rooms

#### ***May 16- 22***

- complete templates module 3 (using Zoom meetings)

#### ***May 16-28***

- online view summary module 3
- online view video presentations module 4
- prepare questions for class room session module 4
- select or add details for cases study module

#### ***May 29 (14.00 - 20.00 CET)***

- online class room module 4 with Q&A and working on templates in breakout rooms

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## “Strength Training, Coordination and Anatomy of Agility” overview spring 2021

### **May 30- June 5**

- complete templates module 4 (using Zoom meetings)

### **May 30- June 11**

- online view summary module 4
- online view video presentations module 5
- prepare questions for class room session module 5
- select or add details for cases study module

### **June 12 (14.00 - 20.00 hours CET)**

- online class room module 4 with Q&A and working on templates in breakout rooms

### **June 13- 19**

- complete templates module 5 (using Zoom meetings)
- complete templates of you own individual analysis

### **June 22-25**

- feedback on the final templates

### **June 25 Certificate after completion**

