

**The Association of Chartered Physiotherapists  
in Exercise Therapy (ACPET)**

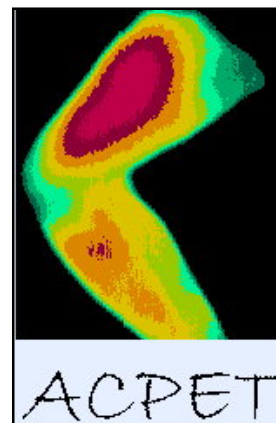
presents

1<sup>st</sup> Exercise Therapy Study Day

**'Moving Forward – Skeletal Muscle Performance and the  
Role of Strength Training in Physiotherapy Practice'**

Date: Friday 9 March 2007.

Venue: Whittington Post-Graduate Lecture Theatre.  
Holborn Union Building. UCL Archway Campus. Highgate Hill. London. N19 3UA.  
(Opposite The Whittington Hospital).



**\*\*\*Contact: [beckyhobbs@hotmail.com](mailto:beckyhobbs@hotmail.com) for an Application Form\*\*\***

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| 09:30 – 10:00 am | Registration & Coffee.   |
| 10:00 – 10:30 am | The History of ACPET & Visions for the Future.<br>Nicholas Clark, BEd, BSc, MSc, MCSP, MMACP, CSCS.<br>Co-Founder & Chair, ACPET.  |
| 10:30 – 10:40 am | Question Time.   |
| 10:40 – 11:10 am | Defining Skeletal Muscle Performance & Essential Variables in Strength Training<br>Programme Design.<br>Nicholas Clark, BEd, BSc, MSc, MCSP, MMACP, CSCS.<br>Co-Founder & Chair, ACPET.      |
| 11:10 – 11:20 am | Question Time.   |
| 11:20 – 12:00 am | Cardiorespiratory Training and Strength Training.<br>Professor Sally Singh, BSc, PhD, MCSP.<br>Professor in Cardiac & Pulmonary Rehabilitation, Coventry University.                         |
| 12:00 – 12:10 pm | Question Time.   |
| 12:10 – 1:10 pm  | LUNCH.   |
| 1:10 – 1:50 pm   | Strength Training and the Older Person.<br>Victoria Goodwin, BSc, MSc, MCSP.<br>Research Fellow, Peninsula Medical School. Chair, AGILE.   |
| 1:50 – 2:00 pm   | Question Time  |
| 2:00 – 2:40 pm   | The Role of Strength Training for the Neurological Patient.<br>Dr Margaret Mayston, PhD, MCSP.<br>Senior Lecturer, Department of Physiology, University College London.                      |
| 2:40 – 2:50 pm   | Question Time  |
| 2:50 – 3.20 pm   | TEA/COFFEE BREAK.  |
| 3:20 – 4:00pm    | The Role of Strength Training in Adolescent Sport.<br>Dr Solomon Abrahams, BSc, MSc, PhD, MCSP.<br>Clinical Director, Anatomie Physiotherapy.  |
| 4:00 – 4:10 pm   | Question Time  |
| 4:10 – 4:50 pm   | Fact vs. Fiction – Are Some Current Exercise Trends Supported by Research?<br>Lee Herrington, BSc, BSc, MSc, MCSP, CSCS.<br>Senior Lecturer in Sports Rehabilitation, University of Salford. |
| 4:50 – 5:00 pm   | Question Time & Closing Remarks.   |