

Corso ECM

Strength and Power con Anthony Turner

20-21 Giugno 2026

Aula Formazione Edumed Srl
Via della Badia, 18 Brescia 25127

PROGRAMMA DEL CORSO:

Giorno 1

08.30 – 09.00	Registrazione partecipanti
09.00 - 10.45	L'allenamento di Forza e Potenza
10.45 - 11.00	Coffee Break
11.00 - 12.15	Analisi del Movimento e CEX
12.15 - 13.00	pausa
13.00 - 15.45	Allenamento della Forza (technical analysis and coaching)
15.45 – 16.00	Coffee Break
16.00 - 18.00	Analisi del Movimento e delle Asimmetrie

Giorno 2

09.00 - 10.45	"Stretch-shortening cycle mechanics" e implicazioni nella performance
10.45 – 11.00	Coffee Break
11.00 - 13.00	Valutazione delle Asimmetrie
13.00 - 13.30	pausa
13.30 - 15.30	Plyometria: lo sviluppo della rigidità muscolo-tendine
15.30 – 15.45	Coffee Break
15.45 - 18.00	Periodizzazione dell'allenamento
18.00 – 18.30	Domande e ECM Test

DOCENTE

Anthony Turner, Fisioterapista, PhD, MSc, PGCE, ASCC, CSCS*D

RAZIONALE

Questo corso di due giorni copre le basi che sottendono lo sviluppo di forza e potenza.

Inoltre un'attenta analisi tecnica volta a valutare le asimmetrie degli arti inferiori (in termini di forza e potenza) e la meccanica dello stretch-shortening cycle, così come le implicazioni per la performance, saranno esaurientemente spiegate.

Il partecipante sarà guidato al superamento delle difficoltà nella prescrizione dell'esercizio e dell'allenamento secondo le più aggiornate ricerche scientifiche. Questo permetterà un'espansione delle competenze riabilitative per assicurare il più efficiente ritorno alla piena performance.

**CREDITI EROGATI**

23,5 Crediti ECM

TARGET

Medico tutte le discipline, Fisioterapista

RESPONSABILE SCIENTIFICO

Lisa Mantovani, Fisioterapista, OMT DVMT[®], IKTA[®] teacher, COMT, IMTA[®] Teacher

PROVIDER

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Professional Profile

Dr Anthony Turner is an Associate Professor in Strength and Conditioning, and the Research Degrees Coordinator for Sport, at the London Sport Institute, Middlesex University. Anthony has published over 150 peer-reviewed journal articles, edited three text books, and is an associate editor for the Strength and Conditioning Journal, as well as Frontiers: Elite Sports and Performance Enhancement. Anthony has been a consultant to numerous sports teams, Olympic and Paralympic athletes, and was formerly head of physical preparation for the GBR fencing team during the London and Rio Olympics. Anthony is currently a consultant in human performance for the British Military and is a recipient of the UKSCA coach of the year for education and research. Links to Anthony's [university profile](#), [Research Gate](#), and [YouTube](#) channel are provided, and his twitter handle is [@anthonyturneruk](#).

Curriculum Vitae

1. Name and Title

- Dr Anthony Turner, Associate Professor in Strength and Conditioning
- Research Degrees Coordinator for Sport

2. Qualifications

- BSc (Hons) Sport Science, Coventry University (1999-2001)
- MSc Sport and Exercise Science, Biomechanics pathway, Sheffield Hallam University (2001-2002)
- PhD Sport Science, Middlesex University (2012 – 2016)
- Post Graduate Certificate of Education, Institute of Education, University College London (2003 – 2004)
- Senior Fellowship Higher Education Authority (SFHEA), Middlesex University (2020)
- Certified Strength and Conditioning Specialist with distinction (CSCS*D), National Strength and Conditioning Association (2004 to present)
- Accredited Strength and Conditioning Coach (ASCC), United Kingdom Strength and Conditioning Association (UKSCA), (2008 to present)

3. Strength and Conditioning Practice and Consultancy

- Human Performance Advisor and strength and conditioning coaching, British Military (2014 – present)
- Strength and Conditioning consultancy, Team Denmark Fencing, (2018 – present)
- Head of physical preparation, Saracens Rugby Club (women's) (2016 – 2020)
- Sport Science consultancy, Queens Park Rangers Football Club (2012 – 2019)
- Strength and Conditioning coach to several GB Olympic and Paralympic athletes (2006 – to 2019)
- Sport Science consultancy, Saracens Rugby Club (2015 - 2019)
- Head of Physical Preparation, British Fencing, London to Rio Olympics (2012 – 2016)
- Lead Strength and Conditioning coach, British Fencing National Academy (2009 – 2012)
- Strength and Conditioning consultancy, Royal Army Physical Training Corps, (2009 – 2012)

4. University positions

- Research Degrees Coordinator (2020 to present)
- Director of Postgraduate Programmes for Sport (2015 – 2020)
- Programme Leader MSc Strength and Conditioning (2008 – 2018)
- Associate Professor (grade 9), London Sport Institute (LSI), School of Science and Technology (2017)
- Established and Directed the Annual Strength and Conditioning Student Conference (2010 – 2019)

4. Teaching and Learning

- Module Leading
 - MSc Strength and Conditioning Science; MSc Performance Training and Corrective Exercise; MSc Research Methods; MSc Dissertation.
- Curriculum Development
 - MSc Strength and Conditioning; MSc in Sport and Exercise Nutrition
- External examining
 - University of Gloucester; University of Bedfordshire; Northern Regional College and the University of Ulster; South Eastern Regional College and the University of Ulster; Cardiff Metropolitan University; London Metropolitan University; City and Islington College

5. Research and Knowledge Exchange

- Doctoral supervision
 - Supervising >16 PhD students, researching screening, rehabilitation, and the development of strength and power, in athletes across a variety of sports
- Doctoral examining
 - Examined and chaired >16 vivas

6. External Academic Leadership

- Associate Editor, Strength and Conditioning Journal (2016 – present)
- Associate Editor, Frontiers, Elite Sports and Performance Enhancement (2019 – present)
- Special Issue Editor “Training, screening and monitoring in soccer”, Sports (2018-2019)
- Conference Director, United Kingdom Strength and Conditioning Association (2018 - 2019).
- Awarded UKSCA coach of the year for research and education (2015)

8. Outputs

Edited books:

- **Turner, A.** and Comfort, P (Eds.). (2017). Advanced Strength and Conditioning: An Evidence-Based Approach. Routledge, London ([view here](#)).
- **Turner, A.** (Ed.). (2018). The Routledge Handbook of Strength and Conditioning: Sport-specific programming for high performance. Routledge, London ([view here](#)).
- **Turner, A.** and Comfort, P (Eds.). (2022). Advanced Strength and Conditioning: An Evidence-Based Approach. 2nd Edition. Routledge, London ([view here](#)).

Published > 150 Refereed articles and book chapters, please see:

- [Research Gate](#) and [Google scholar](#)



21/01/2022