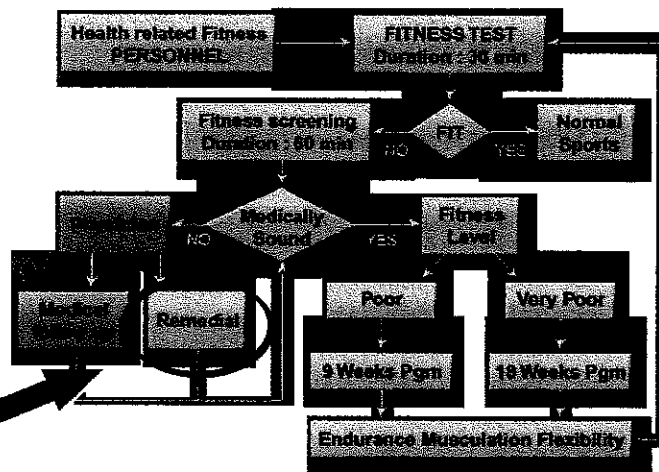


## Fitness remodeling



Commandant  
Ronald NYS  
Physical Training Officer  
NCO School ZEDELGEM  
(BRUGES)

## Flowchart Groundcrew Personnel



## The need of



in fitness remodeling

The need of MFT in fitness-remodelling

### I. INTRODUCTION

### II. MFT IN FITNESS REMODELLING (FR)

### III. CONCLUSION

#### I. INTRODUCTION Basics of FR

#### COMPLEMENTARY NON - MEDICAL TRGFORM

#### BASIC FUNCTION

**Level 1:** General remodeling

**Level 2:** Specific remodeling **WITHOUT**

**Level 3:** Specific Remodelling **WITH**

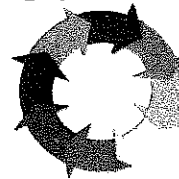
Basics of FR

#### HISTORY

Bad phys condition

Overweight

Intensive  
Trg



Drop - outs

Injuries

Basics of FR

1. All personnel in training.

2. Long period injured.

- Arthritis.
- Hypertension.
- Low Back.
- High cholesterol.
- Obesitas.
- Depression.
- Age Wave.
- Generation X.

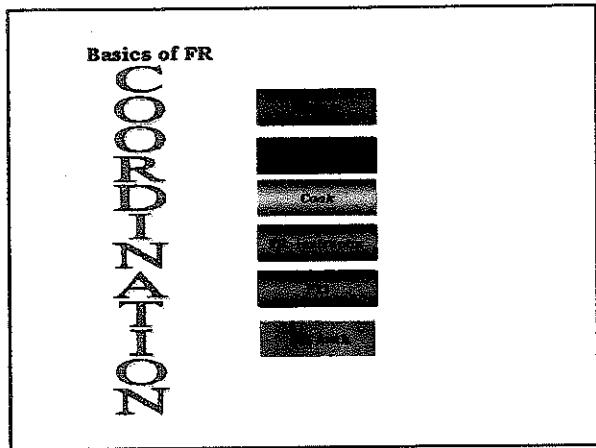
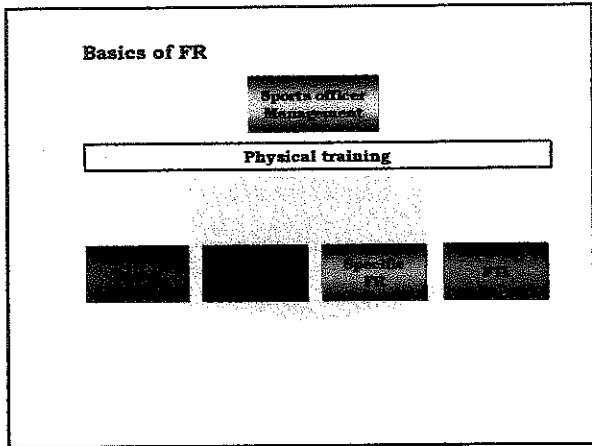
3. Top sporters.

Basics of FR

• Intake

• FR - trainingplan

• Remodeling test



- Basics of FR**
- Continuu training
  - Pre-set objectives
  - Improved operational condition

- Since Prague 98**
- Mental training
  - Polar Fitness Test
  - Prototype TAS
  - Introduction MFT

**Since Prague 98**

**INTAKE**

- Objectives
- Motivation
- Planning
- Obstacles
- Resources
- Responsibility
- Reward

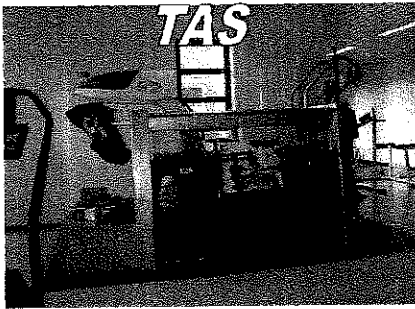
**Since Prague 98**

**POLAR FITNESS TEST**

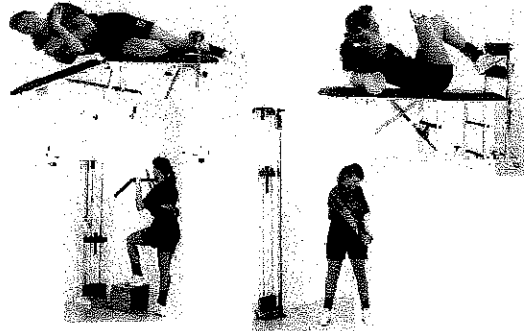
- Cardio condition
- Simple
- Own Index

**PHYSICAL CONDITION**

Since Prague 98



Since Prague 98



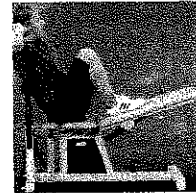
## II. MFT IN FR

- Objectif
- Definition
- Motion management
- Target groups
- Method
- FR Cell
- Training
- Coordination
- Observations
- Expectations



Objectif.

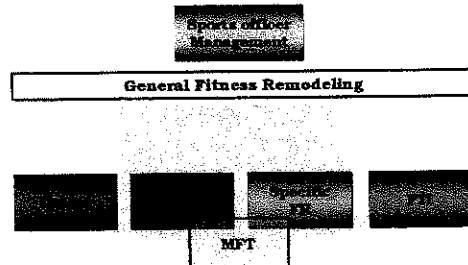
- **DYSFUNCTION**
  - Adequate Trg-programme
  - Optimal intensity & progress
  - Re-adaptation
- **PREVENTIF**



Definition.

- Medical Training Therapy
- Prevent + treat
- Neuro-musculo-skeletal
- Analytically
- Functionally

Motion Management



Target groups

**THERAPEUTIC**

- Neuro-musculo-skeletal
- Acute / chronic
- Functional disorders

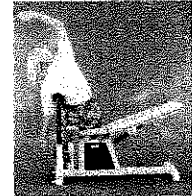
**PREVENTIF**

- Controlled rest
- Pre-operative

Method

**PHYSIO - ASSESSMENT**

- FUNCTION ANALYSIS
- TREATMENT
- MFT - PROGRAMME



Method - *Physio assessment*

**FUNCTION ANALYSIS**



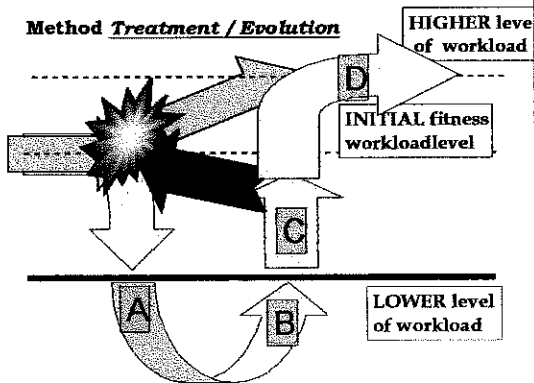
- **ANAMNESIS**  
General  
Special  
Additional  
Tractus  
Family
- **CHOICE**

Method - *Treatment / Concept*

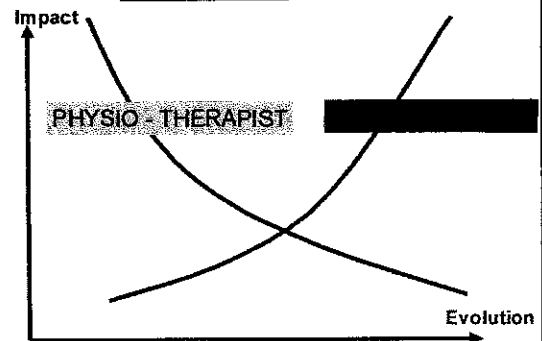
**PHYSICAL CONDITION**

- Objectif
- Method of training
- Training programme
- Progress

Method *Treatment / Evolution*




Method *MFT programme*






Coordination

**DAILY**



Coordination


**WEEKLY**



**Observations**

- 90%
- Succes
- Psychological
- Relaps
- Weight control

**PERFORM BETTER**



**Expectations**

- **INTRODUCE**
- **PASS ON**
- **OPTIMALISATION**
- **CISM**

**III. CONCLUSION**

- **CONDITION + INJURY**
- **LINK**
- **A-SPECIFIC CONDITION**

**GREY ZONE FILLED IN**

**THANK YOU**

