



Numbers to Practice: Linking MotionMetrix to Practical Application.

MAR-Systems is happy to re-introduce its education courses on the MotionMetrix gait analysis system. Numbers to Practice will outline how practitioners, coaches, and clinicians can use the system to its best effect when analysing a person's walking or running gait. Course topics include:

- Key Characteristics of Running Analysis
- Key Characteristics of Gait Analysis
- Gait Retraining: How MotionMetrix can help guide your practice.

The course will be run online and in-person by MAR-Systems' biomechanist, Sean. The course will provide attendees with a synopsis of some of the latest research on gait retraining and how their MotionMetrix system can help them elevate their practice. The in-person course will include practical demonstrations, collaborative discussion with other practitioners as well as educational resources on how best to use the MotionMetrix system to elevate your practice.

About Sean:

After completing his BSc in Kinesiology at the University of Lethbridge in Alberta, Canada, Sean moved to London to pursue his MSc in Sport, Health & Exercise Sciences at Brunel University with a primary focus in biomechanics. Sean has been fortunate enough to be involved with a wide variety of biomechanical research, where he has actively developed his analytical mindset. As the sport science lead at the West London Track & Field Club, he is able to apply this knowledge while he analyses a wide variety of athletes from the recreational to the international level.



Course Dates & Cost

All spaces are reserved on a first-come (paid) first-served basis. Courses will be run on:

November 29th (10am - 4pm GMT) **IN-PERSON at MAR-Systems £199**

December 6th (10am - 2:30pm GMT) **ONLINE £75**

The in-person course will follow social distancing guidelines when applicable and for health & safety reasons we ask all participants to provide visual proof of vaccination or negative test taken 48 hours prior to the course. The online course will be recorded and sent to all participants, including those who attended the in-person course on the 29th.

Please call us at 01344 623883 to book your place. For any enquiries you can contact us at info@mar-systems.co.uk

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