



ERS KERWA

Exercise Rehabilitation Specialist
사단법인한국운동재활복지협회

교육시간: A.M. 10:00 ~ P.M. 06:00

CET-Correction (32 hours)

DST-Dynamic Stabilization (24 hours)

1. 운동재활전문지도사 ERS

1. Exercise Rehabilitation Specialist

자격번호: 제2016-002327호 한국직업능력개발원 등록

스포츠손상: 외상, 골절, 염좌, 탈구, 건막염 등.

교정운동: 거북목, 골반비대칭, 휜다리, 척추측만, 보행 등.

운동재활: 목, 어깨, 팔꿈치, 손목, 손, 허리, 골반, 무릎, 발목, 발, 근막통증 등

건강유지: 예방

CET COURSE

F.A Functional Anatomy

- 인체 관절의 기본 구조와 기능/ 상지, 하지 통증 증후군
- 몸통뼈대(Axial skeleton): 근육과 관절의 상호작용
- 사지뼈대(Appendicular skeleton): 근육과 관절의 상호작용

M.P Motion Palpation

- Spring test: SP - tensional - Listings
- Inspection, Bony Palpation - Range of Motion
- Special Test, Manual Muscle Test

C.E Correction Exercise

- Neutral alignment Cognition
- Stabilizing exercise, Exercise control
- Shoulder girdle

T.P Trigger Point

- Muscle Trigger Point
 - Supine position
 - Prone position
 - Sidelying

ERS - CET
Master

1. 교육커리큘럼(3급 FA 기능해부학)

FA COURSE (기능해부학)

F.A COURSE



1. 인체 관절들의 기본 구조와 기능
2. 팔(Arm) - 어깨 복합체(Shoulder Complex)
3. 팔(Arm) - 팔꿈치와 아래팔(Elbow and forearm)
4. 팔(Arm) - 손목(Wrist)
5. 몸통뼈대(Axial skeleton): 근육과 관절의 상호작용
6. 다리(Leg) - 엉덩관절(Hip joint)
7. 다리(Leg) - 무릎(Knee)
8. 다리(Leg) - 발목과 발(Ankle and foot)
9. 사슬반응(Chain Reactions)
10. 목통증 증후군(Cervical Pain Syndromes)
11. 상지통증 증후군(Upper Extremity Pain Syndromes)
12. 요통 증후군(Lumbar Pain Syndromes)
13. 하지 통증 증후군(Lower - Extremity Pain Syndromes)
14. 체형불균형 평가 Side Type A, B, C, D 이해 실습

1. 교육커리큘럼(3급 MP 전신 뼈 랜드마크 촉진)

MP COURSE (척추가동성)

M.P COURSE



1. 체형진단 전•후, 좌•우, 견갑대, 흉각 Neutral alignment 이해
2. 교정운동의 시작 Neutral alignment Cognition
3. Core Neutral Setting Breath Technic
4. 전신 뼈 랜드마크 촉진(Bony Landmark Palpation)실습: L/E, U/E
5. 관절의 가동범위(Range of Motion)움직임 패턴, 상호 보완적 움직임 평가
6. 자세,균형 보행분석 : Gait Analysis - Lower body, Upper body
7. Spring test: SP - tensional
8. Listings(후방,회전,측굴변위): Cervical, Thoracic, Lumbar - full spine
9. Pelvic Motion Palpation: Ilium-AS(후방좌골), Ilium-PI(후방장골)
Ilium-int.(내방장골), Ilium-ext.(외방장골)
10. Special test:
 - ① MLT - Thomas Test for Hip Flexor(하지전방)
 - ② MLT - SLR Test(하지후방)
 - ③ MLT - 허리네모근(QL)Test
 - ④ Piriformis Syndrome Test
 - ⑤ Hawkins-Kennedy test
 - ⑥ Pelvic deviation stretching

1. 교육커리큘럼(3급 CE 교정운동)

CE COURSE (교정운동)

C.E COURSE



1. 교정운동의 시작 Neutral alignment Cognition

- ① 측면 체형불균형 평가 Side Type A, B, C, D 이해 실습
- ② 코어 안정화 Core Neutral Setting exercise 이해, 실습

2. Core Neutral Setting exercise(10)

- ① Hip Side Stabilization
- ② Back Side Stabilization
- ③ 교정운동 Quadripedal 이해, 실습
- ④ 교정운동 Corrective Bridge 이해, 실습
- ⑤ 교정운동 Corrective Lunge 이해, 실습
- ⑥ 교정운동 Corrective Deadlift 이해, 실습
- ⑦ 교정운동 Corrective Squat 이해, 실습
- ⑧ 교정운동 Half kneeling 이해, 실습
- ⑨ 교정운동 One leg standing 이해, 실습

3. shoulder girdle

4. shoulder manual

5. Knee / O leg

6. Spinal scoliosis

1. 교육커리큘럼(3급 TP 트리거포인트)

TP **COURSE** (트리거포인트)

T.P COURSE



1. Supine position

- ① Joint Vibration: Ankle - Dorsi, Planter / Wrist - Dorsi, Planter
- ② Occiput: C1 release (1차선.2차선)
- ③ Scalene: DFM(release)
- ④ Upper trapezius: stretch
- ⑤ Levator scapular: DFM - stretch
- ⑥ Pectoralis: Major DFM, Minor DFM
- ⑦ Humerus: inf. gliding.
- ⑧ Shoulder joint mobilization: Humerus int. / Humerus ext.
- ⑨ Elbow joint mobilization: Humerus int - ulnar ext. /
Humerus ext, -ulnar int.
- ⑩ Psoas: release
- ⑪ Abdominal: Tensional release
- ⑫ Hip joint mobilization: Femur int. / Femur ext.
- ⑬ Ankle joint mobilization: Tibia ext. - Tibia int. /
Tibia int. - Tibia ext.

2. Prone position

- ① Levator scapulae: DFM
- ② Supraspinatus: DFM
- ③ infraspinatus, Teres minor DFM
- ④ Rhomboids: DFM
- ⑤ Scapular: Backward compression
- ⑥ Lumbar mobilization: facet locking
- ⑦ Gross rotation stretch: Uprr body / Lower body

DST COURSE

Dynamic Systems

- Emergence
- Attractor and Self-Organization

Movement Skill

- Coordination & Dexterity
- Degrees of freedom problem & Synergetics

Pain

- Function of pain
- Pain and brain

Exercise Control

Foot and Toe, Ankle and Lower Leg, Knee Pathologies

Pelvic and Thigh, Thoracic and Lumbar Spine, Shoulder and Upper Arm Pathologies

- Possible Trauma based on the Location of Pain
- Examination Map(history, inspection, palpation)
- Joint and Muscle Function Assessment
- Vascular Assessment

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Le.1

D S T

DYNAMIC STABILIZING TRAINING

Articulation and Muscle Coordination

COURSE

Dynamic Systems, Movement Skill, Performance, Exercise Control

2. Articulation and Muscle Coordination

8 hours

1.DYNAMIC SYSTEMS

- 1)Emergence
- 2)Non-Linearity
- 3)Attractor
- 4)Self-Organization
- 5)Constraints

2. MOVEMENT SKILL

- 1)Articulation and Muscle Coordination
 - Glenohumeral Joint, Shoulder, Elbow, HIP, Knee, Ankle and Foot, Trunk
- 2)Coordination & Dexterity
- 3)Degrees of freedom problem
- 4)Synergetics
- 5)Coordination Dynamic

3. PINE

- 1)function of pain
- 2)Pain and brain

4.EXERCISE CONTROL



Le.2

D S T

DYNAMIC STABILIZING TRAINING

Examination

Function Assessment

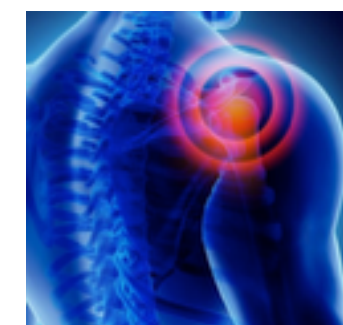
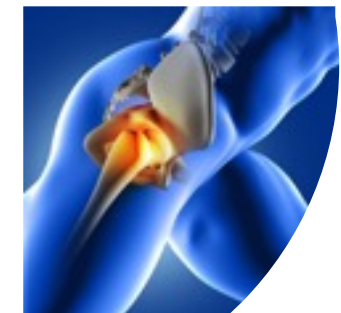
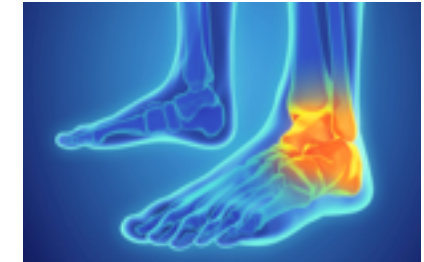
COURSE

Foot and Toe, Ankle and Lower Leg, Knee, Pelvic and Thigh,
Thoracic and Lumbar Spine, Shoulder and Upper Arm

3. Examination

16 hours

1. Foot Toe Pathologies
 2. Ankle and Lower Leg Pathologies
 3. Knee Pathologies
 4. Pelvis and Thigh Pathologies
 5. Thoracic and Lumbar Spine Pathologies
 6. Shoulder and Upper Arm Pathologies
- 1) Clinical Anatomy
 - 2) Possible Pathology based on the Location of Pain
 - 3) Examination Map
 - ① HISTORY
 - ② INSPECTION
 - ③ PALPATION
 - ④ Joint and Muscle Function Assessment, ROM
 - Muscle Manual Test
 - Neurologic Testing
 - Pathologies and related Special tests



4. 운동재활전문가 활용

체형교정 및 운동재활 센터

보건복지부 발달재활 사업

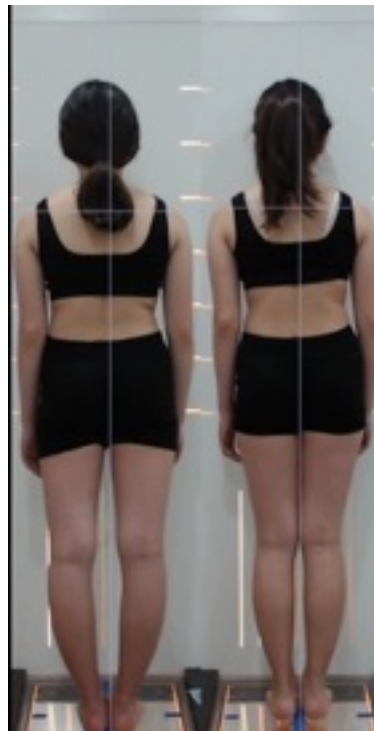
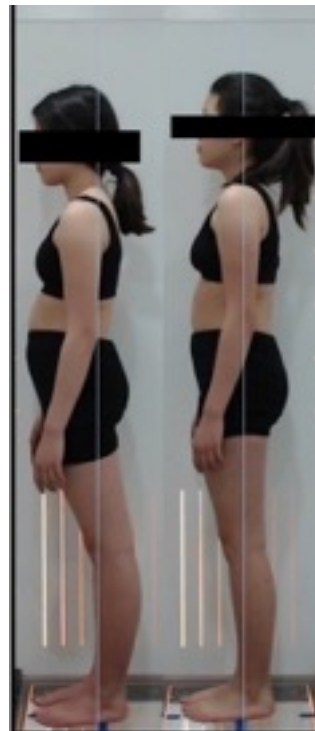
보건복지부 사회서비스 사업

교육부 치료지원 사업

방·과 후 전문 강사

건강·복지 관련 전문강사

스포츠 및 피트니스 전문강사



❖ MOU 대학 단체

표 1

협약단체 자격비용	
ERS 3급과정 CET- 교정운동트레이닝 (FA,MP,CE,TP 포함)	
10명~ 12명(3급)	600,000원
13명~14명(3급)	550,000원
15명~16명(3급)	500,000원
17명~20명(3급)	450,000원
21명 이상 ~28명까지 최대(3급)	380,000원
ERS 2급과정 DST- 동적안정화트레이닝 (Le1, Le2 포함)	
10명	350,000원
16명 까지	250,000원
최소 인원 미만시 교재비 5천원	

❖ 3급자격 과정을 이수 후 2급자격을 취득할 수 있습니다.