

Philip Halpert

The Academic College At Wingate – Israel



Philip studied Ph.Ed. at Wingate institute (Israel), specializing in Posture and Corrective Exercise. After the graduation, Philip spent another 10 years, learning Clinical Massage Therapy, training and treating athletes, teaching biomechanics to Gym Instructors and Yoga teachers, developing courses and seminars for trainers. In 2015 started a Master degree, specializing in Sports biomechanics and Injury Prevention. Philip became Wingate institute staff member, teaching courses on

Kinesiology based disciplines. He is a Founder of SERENITY PROJECT – a platform for professional enhancement in the field of Healthy Lifestyle Coaching. His courses, lectures and workshops combine Evidence Based Practice and Mindfulness, "Work Out" principles and "Work In" techniques. Today, Philip coaches and trains High performance Athletes (including Olympic and Paralympic competitors), implementing an integrative approach to developing healthy, strong and well-balanced performers.

My Topics for the 19th International Teaching Week:

- 1) Core Conditioning in the Field of Rehabilitation and Sport Performance
- 2) Evaluating general Motor Competency. Screening and Prehab for Common Dysfunctions