

Philip Halpert

Levinski-Wingate Academic

College

ISRAEL



Philip is a Strength and Conditioning Coach for elite and Paralympic athletes, specializing in posture, biomechanics, and kinesiology. He is the Strength and Conditioning Coach for three Paralympic teams: academic rowing, kayaking, and goalball. He has coached athletes from various disciplines in their preparation for peak competitions, including the last two Olympic Games. With over 20 years of experience, he has extensive training in manual therapy techniques and is a certified yoga instructor. Philip lectures at Tel Aviv University and Wingate–Levinsky College, coordinates professional training courses and works as a fitness consultant.

Philip is married and a proud father of two. Outside of his professional life, he enjoys playing the drums, practicing yoga, and spending time in nature. Music and the outdoors are his greatest sources of inspiration. Before becoming a professional strength and conditioning coach, Philip studied culinary arts and worked in several fine-dining restaurants — a chapter of his life he still cherishes.

My Topics for the 26th International Teaching Week:

- 1) Blood Flow Restriction in Strength & Conditioning and Rehabilitation of Elite Para-Athletes: From Science to Practice.
- 2) Joint-by-Joint Approach in Dynamic Warm-Up for Sports: Mobility vs. Stability.