SINGAPORE / TWO-DAY PRACTICAL WORKSHOP

Vision and Vestibular Training for Coaches

Practical Integration with Movement and Strength Training

9-10 January 2027 | Singapore | 8 teaching hours

Learn to select and coach introductory visual and vestibular drills. Explore how to integrate them with walking and light strength training through demonstrations, partner practice and case work.

For personal trainers and movement coaches with basic exercise coaching experience.

Learning objectives

01 Explain how visual and vestibular input relates to gaze control and movement.

02 Coach introductory drills with clear instructions and appropriate starting positions.

03 Adjust target distance, movement speed, stance and task complexity.

04 Plan practical applications for walking, stepping and light strength training.

05 Use repeatable movement observations and participant feedback to guide exercise selection.

Workshop outline

Day 1 Foundations and practical skills

Visual and vestibular foundations. Stationary and dynamic practice. Exercise selection and difficulty adjustments. Movement observations and partner coaching.

Day 2 Movement and strength integration

Walking and directional stepping. Lunge and carry progressions. Introductory get-up positions. Squat, hinge and press integration with dowels and optional light barbell demonstrations. Case work and coaching feedback.

Your instructor



DahrenKim

Master's student in athlete training at CHA University's Graduate School of Sports Medicine.

Selected qualifications

StrongFirst Girya kettlebell instructor

FMS movement screening

Ground Force Method instructor

Course completion

EXOS Performance Mentorship
Phases 1-3 completed

Practical education for exercise professionals. This workshop does not qualify participants to diagnose or treat vestibular disorders.
Venue and registration details will be confirmed by the organiser.