

## Live Program Information Sheet

**Program Title:** Functional Fitness Specialist Live Workshop

**Course Description:** A Functional Fitness Specialist is a fitness professional who works with a cross section of different clients and is able to personalize their training program to help them meet a widely divergent variety of needs, with the understanding that “function” means different things to different people. For an older adult “function” may mean the ability to carry groceries or get out of the bathtub; for a marathoner, “function” may mean an increase in speed and a decrease in injury risk ; for the average client “function” may mean improved core stability and muscular strength. A Functional Fitness Specialist is on top of one of the most important fitness trends in our industry and artfully combines exercise programming with education and recommendations for sustainable lifestyle change.

### Learning Objectives:

- Module 1: Core Training: Working Hard or Hardly Working?
- After taking this class you will be able to:
  - Identify functions of the core muscles
  - Explain signs of fatigue when core training
  - Describe the proper core firing sequence
  - Provide the benefits of reactive neuromuscular training
  - Describe what makes an exercise the best core exercise
  
- Module 2: High Intensity Training: When Less is More
- After taking this class you will be able to:
  - Explain EPOC
  - Explain lactate, ventilatory, and psychological thresholds
  - Describe the training variables associated with interval programs
  - Describe the difference physiological systems (glycogen, phosphagen, and aerobic)
  - Compare different high intensity interval progressions

- Module 3: Functional Training: Myths & Mystique
- After taking this class you will be able to:
  - List the six functional movements
  - Explain variations in squat depth
  - Explain various dead-lift type exercises
  - Describe progressions for pushing exercises
  - Provide proper techniques for rotational movements
  
- Module 4: Weight Management: Secrets & Lies
- After taking this class you will be able to:
  - Identify the foundation for proper weight loss
  - Explain the top 10 obesity myths
  - Explain the research behind red wines and heart health
  - List the basics of probiotics
  - Explain why the “3500 calorie” rule is obsolete

**Target Audience:** Fitness Professionals, Strength & Conditioning Specialists, ATs, PTs, PTAs, LMTs.

**Schedule and Format:** Live Program.

**Registration Fees:** Please visit our website for the most up-to-date continuing education awards and pricing details.

**Cancellation/Refund Policy:** Exercise ETC has a **no refund policy** for all “live” training programs. If you are unable to attend a live training program, we will be happy to issue you an in-house credit for the courses you did not attend. The credit is good for one year and may be used for any program or product you desire. Request for a credit must be made in writing within 10 days of the originally scheduled class.

**Course Developer Credentials:**

**Chris Marino, M.S., CSCS**

Chris is a strength and conditioning specialist in private practice in the metro Philadelphia area. With almost 10 years experience in all aspects of fitness Chris specializes in training clients with chronic orthopedic conditions and those who have been released from physical therapy following joint replacement, surgery or injury. Chris is the owner of "Marino's Body Shop," a personal training management company located in southeastern PA specializing in Boot Camps for different fitness levels. Chris is certified by the NSCA, ACSM, and ACE and is experienced in functional training, core conditioning and advanced exercise techniques for athletes and recreational athletes. Chris joined our faculty in 2001.

## **Mike Deibler, MS, CSCS**

Mike is Exercise ETC's Director of Education. He is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM. Mike joined our faculty in 2008.

**Course Presenter Credentials:** Presenters vary by city. Please see our website for faculty assignments & credentials.

**Contact Hours/CEUs/CECs:** Please visit our website for the most up-to-date continuing education awards.

**Sponsors:** N/A