Course Information Sheet

Course Title: Maximal Interval Training

Course Description:

Are you ready to challenge yourself, and turn up the intensity of your workouts? Are you ready for a proven program that burns fat, increases muscle, and sculpts the physique you’ve always wanted? If so, then this course is for you! Maximum Interval Training combines high-intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus, and produce results. You’ll find step-by-step instructions, expert advice, and photo depictions of 147 exercises as well as ready-to-use programs for power, strength, endurance, quickness, agility, tactical training, and total-body conditioning. But rest assured that it won’t be more of the same. You’ll test your limits with a regimen of sprints, medicine balls, heavy ropes, kettlebells, sandbags, body-weight exercises, and suspension training.

Learning Objectives:

1. Know the advantages of maximum interval conditioning
2. Understand safety considerations and implementation of these
3. Select appropriate exercises based on the abilities and condition of the athlete
4. Design programs utilizing bodyweight, sprinting and a variety of equipment and devices
5. Select proper testing procedures and variables appropriate for your client
6. Provide proper interpretation of test results and design an appropriate program based on goals and current fitness levels of client
7. Use periodization in order to challenge the client to reach the next level of performance
8. Design MIT programs for strength and power
9. Design MIT programs for tactical training, quickness and agility
10. Create programs for various sports and high intensity jobs

Target Audience: Beginner/Intermediate/Advanced
Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

Instructor/Author Credentials:

John Cissik, MS, CSCS,*D, NSCA-CPT,*D is the president and owner of Human Performance Services, LLC (HPS), which helps athletics professionals solve their strength and conditioning needs. He coaches youth baseball, basketball, and Special Olympics sports and runs fitness classes for children with special needs. He has written 10 books and more than 70 articles on strength and speed training that have been featured in Muscle & Fitness, Iron Man, and track and field and coaching publications. He is also the author of Human Kinetics’ Speed for Sports Performance DVD series. Cissik specializes in education, strength training for baseball, basketball, track and field, and speed and agility training. He has worked with athletes from high school to Olympic levels. In addition to his role at HPS, he is the director of fitness and recreation at Texas Woman’s University. John is certified by the National Strength and Conditioning Association as a strength and conditioning specialist and personal trainer and by the National Academy of Sports Medicine as a personal trainer and corrective exercise specialist. He has held level I and level II certifications from USA Track and Field and was certified with the former U.S. Weightlifting Federation.

Jay Dawes is an assistant professor in the department of health sciences at the University of Colorado at Colorado Springs. Before joining UCCS, Dawes was an assistant professor of kinesiology at Texas A&M at Corpus Christi and the director of education for the National Strength and Conditioning Association. Jay has worked as a strength and performance coach, personal trainer, educator, and postrehabilitation specialist for more than 15 years. A frequent presenter both nationally and internationally on topics related to health, fitness, and human performance, Dawes received his PhD from Oklahoma State University in the School of Applied Health and Educational Psychology with an emphasis in health and human performance. He is certified by the National Strength and Conditioning Association as a strength and conditioning specialist and personal trainer, by the American College of Sports Medicine as a health fitness specialist, and by USA Weightlifting as a club coach. He became a fellow of the NSCA in 2009.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A