Course Information Sheet

**Course Title:** Strength Ball Training, 3rd Ed

**Course Description:**

Newly revised and rewritten in 2016, this is an innovative guide to teach you how to use the medicine ball and the stability ball individually and together for strength, power and flexibility training. You'll discover exercise techniques and compound exercises that are fresh, innovative and very effective. This comprehensive text is sure to give you multiple ideas to challenge (and torment!) your favorite clients! This awesome course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 285 pages. Third edition, 2016.

**Learning Objectives:**

1. Explain the benefits of using the stability ball and medicine ball for strength training exercises.

2. Define and understand proprioception.

3. Explain how the myotatic stretch reflex functions.

4. Explain the function of the Golgi tendon organ.

5. Explain how the muscle chain works to maintain balance.

6. Identify the muscle groups that comprise the speed center.

7. Understand how to progress the level of difficulty when using medicine ball and stability ball exercises.

8. Explain the technique of setting the abdominals before performing stability ball and medicine ball exercises.

9. Identify specific exercises and explain how to execute them in order to emphasize muscle groups in the shoulders and upper back.

10. Identify and recommend medicine ball partner drills to develop strength in the shoulders and back as well as develop core stability.

11. Identify specific exercises and explain how to execute them in order to strengthen muscle groups in the biceps, triceps and forearms.
12. Identify specific exercises and explain how to execute them in order to strengthen muscle groups in the chest.

13. Identify specific exercises and explain how to execute them in order to strengthen the muscles of the core.

14. Identify specific exercises and explain how to execute them in order to strengthen muscle groups in the abdominals and lower back.

15. Identify specific exercises and explain how to execute them in order to strengthen muscle groups in the legs and hips.

16. Identify specific exercises and explain how to execute them in order to increase flexibility in the upper and lower body.

17. Determine which exercises are more suitable for advanced athletes.

18. Explain how to safely modify exercises for someone with a joint problem or a lower level of fitness.

**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](http://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:**

Lorne Goldenberg is the director of the UPMC Sports Performance Complex in Pittsburgh, Pennsylvania. The Sports Performance Complex provides services to athletes of all ages, skill levels, and sports along with nonathletes and others seeking to improve their fitness. He works with athletes in all sports, making them total-body strong and breaking new ground in targeted injury prevention, surgery, rehabilitation, training, and performance. Goldenberg is the former owner of the Athletic Conditioning Center and Strength Tek Fitness and Wellness Consultants, which provides service to more than 20,000 people throughout North America in Ottawa, Toronto, Montreal, and Boston.

Goldenberg has been active in the field of sport performance for over 30 years. Having worked in the National Hockey League (NHL) and Canadian Football League (CFL), he has served the
Montreal Canadiens, Florida Panthers, Ottawa Senators, Ottawa Rough Riders, St. Louis Blues, Chicago Blackhawks, Quebec Nordiques, Colorado Avalanche, Windsor Spitfires, Owen Sound Attack, Ottawa 67’s, and the University of Ottawa football team. Players such as Daniel Alfredsson, Daniel Briere, Zach Bogosian, Steven Stamkos, and Matt Bradley are just a few who seek out his expertise.

Goldenberg graduated from the University of Ottawa with an honors degree in physical education and is certified by the National Strength and Conditioning Association as a strength and conditioning specialist. He is also a certified exercise physiologist (CEP) through the Canadian Society for Exercise Physiology.

Goldenberg has published numerous articles in journals and magazines, including Men’s Journal, Physical, and Ironman. As a conference presenter, he has established himself as one of the key sources for the major fitness and health conferences in North America. He has presented for organizations such as the National Strength and Conditioning Coaches Association, IDEA Health & Fitness Association, CanFitPro, American Fitness Professionals & Associates, Perform Better, Twist Conditioning, Yale University, and Dalhousie University.

Peter Twist is the president and CEO of Twist Conditioning, an athlete conditioning company with franchised centers in the United States and Canada. His company offers one-on-one and team training, a line of 350 sport fitness products, and sport conditioning specialist certifications delivered by Twist master coaches throughout Canada, the United States, Australia, and the United Kingdom. A frequent guest lecturer at international fitness conferences and coaching clinics, Twist delivers workshops on sport conditioning to personal trainers, conditioning coaches, sport coaches, teachers, and medical professionals.

Twist has coached more than 700 professional athletes, including Hakeem Olajuwon, Mark Messier, and Justin Morneau, and was the NHL conditioning coach and exercise physiologist for the Vancouver Canucks (Stanley Cup finalists 1994) for 11 years. An NSCA-certified strength and conditioning specialist and CanFitPro personal training specialist with a master's degree in coaching science from the University of British Columbia, Twist served as president of the Hockey Conditioning Coaches Association, editor of the Journal of Hockey Conditioning, and NSCA provincial director for British Columbia.

Twist and his team have been selected by the Chinese Olympic Committee to lead the performance training and rehabilitation for Team China in upcoming summer and winter Olympics. He will work with athletes competing in the Rio 2016 Olympics, the 2017 China National Games, the PyeongChang 2018 Olympics, and will offer long-term athlete development programs aimed at the Beijing 2022 Olympics.

Twist has authored 10 books, 16 DVDs, and more than 400 articles on sport-specific conditioning. A previous honoree of the CanFitPro Specialty Presenter of the Year and recipient of the Business Excellence Award as Business Person of the Year, Twist was the 2013 IDEA World Fitness Inspiration Award honoree for his leading example of living life to its fullest.
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Sponsors: N/A