

Webinar Information Sheet

Webinar Title: "Avoiding Common Fitness Injuries"

Course Description: The threat of injury is ever-present and very real in a training environment and as the intensity increases the risk of injury escalates too. That's why this class is a godsend! First, this important class examines some of the most common fitness injuries, like an ankle sprain, a torn ACL or a rotator cuff injury. Then, you'll learn program modifications to reduce the risk while maintaining the benefit.

Learning Objectives:

- After viewing this webinar, you will be able to:
- Identify the risks of ankle sprains
- Explain how to properly manage patellar stress
- Describe the difference between grade 1, 2, and 3 strains and sprains
- Provide appropriate exercises for the shoulder
- List methods to help prevent shoulder impingement

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

Schedule and Format: Self-paced recorded webinar.

Registration Fees: \$20.00

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us by email within that three day window and provided you have not generated your continuing education certificate we will issue a full refund. That's it. No questions asked. (Once you have generated your CE certificate you can not cancel the order.) ***Remember that all webinars must be viewed in the year they were purchased!***

Course Developer Credentials:

Mike Deibler, M.S., 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:

April Boulter, M.S.

April has a diverse background in personal training, aquatics, group fitness, boot camp and yoga. She has two Master's Degrees: one in Public Health from the University of Illinois/Chicago, and another Master's Degree in Sports Management from the University of Arkansas. April has a passion for using fitness and proper eating habits as the foundation for sustainable lifestyle change. As the Fitness and Aquatics Center Coordinator at Loyola University in Chicago, IL, April works with a mix of students and faculty as well as community residents to design and implement effective training programs in a variety of land and water-based applications. At Loyola, one of April's main responsibilities is to plan and organize the annual "Welcome Week Event" for over 2000 Freshmen per year, to emphasize proper nutrition and consistent activity to overcome the dreaded "Freshman Fifteen." A popular boot camp instructor, April is certified by ACSM, ACE, AFAA, and YogaFit and is also a certified Lifeguard and CPR Instructor. April joined our faculty in 2009.

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

Sponsors: N/A