

## Webinar-on-Demand Series Information Sheet

### Program Title: Biomechanics & Performance: The Complete Webinar Series

**Course Description:** Biomechanics is all about how the body moves and our new webinar series is designed to get your client performing more efficiently and with less risk of injury. This brand-new, video-based series will analyze the body's major joints explaining how to optimize movement and follow up with specific assessments and practical exercise recommendations for your clients. You will deconstruct the body's most basic actions (push, pull, squat, lift and rotate) and concentrate on restoring and enhancing stability, mobility and performance for each joint. The five webinars that make up this bundle include: "Pure Power: Integrated Rotational Training"; "The Shoulder: New School Training Techniques;" "The Knee: Top Trends in Training"; "The Ankle: The Biomechanical Marvel" and "Walk the Walk: Functional Ambulation Drills". When you complete all five webinars you'll also get a FREE Certificate as a "Biomechanics & Performance Consultant." Whether you are training elite athletes or older adults, this webinar series will take your training (and their results!) to a whole new realm and you'll discover what elite trainers have known for years: "Correct biomechanics just make everything easier!"

#### Learning Objectives:

- After viewing Module 1: Pure Power: Integrated Rotation Training, you will be able to:
  - Define functional training.
  - List the joints responsible for rotation.
  - Identify the normal range of motion for joints responsible for rotation.
  - Explain at least two rotational assessments.
  - List the strengthening and stretching components needed to correctly perform rotation.
  
- After viewing Module 2: The Shoulder: New School Training Techniques, you will be able to:
  - Identify basic anatomy and structure of the shoulder
  - Explain the terminology of a "packed" shoulder
  - Describe the proper techniques for a bench press to reduce shoulder problems
  - Provide guidelines for proper exercise techniques
  - List various programming hints and tips to reduce stress on the shoulder

- After viewing Module 3: The Knee: Top Trends in Training, you will be able to:
  - Identify knee anatomy and proper range of motion
  - Explain how to assess ankle range of motion
  - Describe correct knee positioning during squats
  - Provide proper instructions for jumps and landing techniques
  - List the components of efficient running
  
- After viewing Module 4: The Ankle: The Biomechanical Marvel, you will be able to:
  - Analyze the movements of the ankle and assess how it affects motion for other joints of the body
  - Explain how the significant number of ankle injuries in the general population can lead to numerous injuries and dysfunction
  - Explain the difference and reasons behind certain footwear and whether it is appropriate or not
  - Design an individualized program to help improve the function of the ankle with good neuromuscular control, stability, flexibility, and mobility exercises
  - Understand the importance of combining myofascial release methods with proper stretching to enhance ankle mobility
  
- After viewing Module 5: Walk the Walk: Functional Ambulation Drills, you will be able to:
  - Identify which joints are trained for stability vs. mobility.
  - Design exercises to improve ankle, hip and shoulder mobility.
  - Explain the biomechanics of human gait.
  - Compare and contrast various drills to improve reaction time and deceleration.
  - Describe various exercises that could be part of a functional obstacle course.

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

**Schedule and Format:** Self-paced recorded webinar.

**Registration Fees:** See our website for details: [www.exercisectc.com](http://www.exercisectc.com)

**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 within the three-day window. All books must be returned in saleable condition. That's it. No questions asked.

### **Course Developer Credentials:**

#### **Guy Andrews, MA, CSCS**

Guy is the Executive Director of Exercise ETC. He is a Certified Strength and Conditioning Specialist through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialist, both through NASM. He has worked in the fitness field since 1983 as a boot camp instructor, group fitness instructor, group fitness Instructor, group fitness director, personal trainer, fitness director, and general manager. He earned his bachelor's and master's degrees from Florida Atlantic University in Boca Raton, FL and holds multiple fitness certifications. Over the years, Guy has worked with many population groups; he currently teaches senior fitness for the City of Wilton Manors and for the Edgewater Assisted Living Community in Boca Raton, FL.

### **Course Presenter Credentials:**

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

Mike 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 and he teaches Exercise Science at San Diego State University. Mike is our Education Director; he joined our faculty in 2008.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A