

## Information Sheet

### Program Title: The Body: An Owner's Manual

#### COURSE DESCRIPTION:

This brand new 5-webinar bundle, hosted by Pete Rohleder, MS, CSCS is a performance-positive series that asserts that strength training alone is not enough to improve performance or function. Instead, the bundle upends conventional wisdom with the thesis that strength training is best improved by combining strength training protocols with injury prevention modalities. Based on a foundation of good-old-fashioned anatomy and kinesiology this evidence-based program has separate modules that put the spotlight on: • The Shoulder • The Spine • The Hip • The Knee • The Foot & Ankle Boasting over 200 separate video clips and highlighted by Pete's trademark no-nonsense presentation style, this state-of-the-industry program will change your approach to fitness training! What follows are specific details for each of the 5 modules:

### Program Title: The Shoulder: An Owner's Manual

#### Course Description:

Does your client have healthy knees? If so -- you'll want to make sure they stay pain free and functional. This program will review the way a healthy knee is supposed to work and then teach you how to select exercises and choose modifications that will improve mobility, strength and function while keeping your client pain-free. Whether you train clients individually or in groups, this webinar will make you feel more confident that you are not putting your client's knees at risk.

#### Learning Objectives:

- After completing The Shoulder: An Owner's Manual you will be able to:
  - Identify common shoulder conditions
  - Explain common causes for impingement syndrome
  - Describe causes for imbalances that lead to unstable scapulae
  - List the functions of the rotator cuff

- Provide exercises to strengthen the Knee, improve mobility, and prevent injuries

### **Program Title: The Spine: An Owner's Manual**

#### **Course Description:**

This informative and interactive course takes an in-depth look at the spine and common causes of pain, movement inhibitions, and how to correct the issues. This two-hour lecture explores the latest research on how to prevent and treat common causes of pain in a variety of populations through simple mobility, stability, and strengthening exercises. Any fitness professional looking to expand their knowledge and deepen their understanding of the leading cause of disability in America needs to take this webinar!

#### **Learning Objectives: The Spine: An Owner's Manual**

- After completing The Spine: An Owner's Manual you will be able to:
- Identify the structures of the Spine
- Identify common Spine conditions
- Describe causes for imbalances that lead to movement discrepancies through the body
- Explain the Spine's role in stability, posture, rotation, and movement
- Provide exercises to strengthen the spine and hips, improve mobility, prevent injuries, and enhance performance

### **Program Title: The Hip: An Owner's Manual**

#### **Course Description:**

"Gluteal Amnesia" is when weak or deconditioned gluteal muscles are unable to generate enough contractile force to perform functional activities like squats and deadlifts. This brand new webinar will teach you the roots of gluteal amnesia as well as how to assess for gluteal dysfunction. Then you'll learn a whole slew of traditional and non-traditional strength and flexibility exercises that can be done anywhere -- with minimal equipment. Whether you are training athletes, seniors or anyone in between this eye-opening webinar will revolutionize your hip training routine.

**Learning Objectives:**

- After completing The Hip: An Owner's Manual you will be able to:
- Understand the function and connection gluteals have to movement and why weakness in this area can be detrimental
- Apply techniques with your clients to assess gluteal weakness
- Select exercises and proper progressions of exercises to help strength gluteal maximus, medius, and minimus
- Recall the actions of these muscles and how to insure utilization of them as primary movers vs. synergists vs. stabilizers vs. antagonist
- Related the importance of eccentric strengthening to movement and function

**Program Title: The Knee: An Owner's Manual****Course Description:**

Does your client have healthy knees? If so -- you'll want to make sure they stay pain free and functional. This program will review the way a healthy knee is supposed to work and then teach you how to select exercises and choose modifications that will improve mobility, strength and function while keeping your client pain-free. Whether you train clients individually or in groups, this webinar will make you feel more confident that you are not putting your client's knees at risk.

**Learning Objectives:**

- After completing The Knee: An Owner's Manual you will be able to:
- Identify common Knee conditions
- Explain common causes for impingement syndrome
- Describe causes for imbalances that lead to unstable scapulae
- List the functions of the rotator cuff
- Provide exercises to strengthen the Knee, improve mobility,
- and prevent injuries

## **Program Title: The Foot & Ankle: An Owner's Manual**

### **Course Description:**

The ankle and foot are extremely influential on the body's overall force transfer and mobility. Current/previous injuries or movement restrictions can impact development and performance. This informative webinar will discuss the structures of the foot and how the common foot and ankle conditions can lead to movement disfunction. Learn how to strengthen, stretch, and improve mobility of the foot and ankle.

### **Learning Objectives:**

- After completing **The Foot & Ankle: An Owner's Manual**, you will be able to:
  - Identify the structures of the foot and ankle
  - Identify common foot and ankle conditions
  - Describe causes for imbalances that lead to movement discrepancies through the body
  - Explain the foot and ankle's role in walking, running, and jumping
  - Provide exercises to strengthen the foot and ankle, improve mobility, prevent injuries, and enhance performance

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

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

**Registration Fees:** See our website for details: [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 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 and Presenter Credentials:**

### **Pete Rohleder, MS, CSCS**

A 17-year exercise and fitness industry professional, Pete Rohleder has helped thousands achieve their health, fitness, and performance goals. Pete is an expert at bridging the gap between movement science and real-world application. His passion is to provide tangible takeaways to his students and clients so they can achieve efficient, lasting results. Pete owned and operated Pure Fitness Rx, a training studio focused on fitness, performance, and movement improvement through innovative, science-backed strategies. Pete was the State Fitness Consultant for the Miss Kansas America Pageant, and continues to consult with contestants, athletes, clients, and trainers. Pete has been teaching in higher education since 2011 and is currently a Clinical Instructor and the Program Coordinator for the Undergraduate Exercise Science Program at Georgia State University. Pete is also the host of the 'More to Movement' podcast, where he discusses the science behind movement and provides solutions to help his listeners properly apply the science to enhance training outcomes and improve movement discrepancies that hinder success. Pete holds a Master's Degree in Exercise Science from Wichita State University and has been a Certified Strength and Conditioning Specialist (CSCS-NSCA) since 2011.

**Contact Hours/CEUs/CECs:** See our website for details:

[www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A