

Course Information Sheet

Course Title: Conditioning to the Core

Course Description: Serious athletes train for results that make them winners on the field, course, or court. And the key to getting those results, to improving performance in any sport and at any level, is no secret: A strong, well-conditioned core is the lynchpin to athletic success. In *Conditioning to the Core*, strength and conditioning coaches Greg Brittenham and Daniel Taylor deliver the definitive guide to training the torso. Inside, you'll learn about the core's central role in originating and transferring strength and power and the movement mechanics for any sport. Discover over 300 of the most effective exercises for strength, stability, and power. Detailed photo sequences and expert instruction ensure you're performing each exercise safely and efficiently. Color-coded stability, strength, and power training exercises, programs, and assessments provide all the tools for achieving high-performance goals. You will quickly identify and organize each component that addresses your needs, your sport, and your high-performance goals. 344 pages

Learning Objectives:

1. Understand the importance of the core, especially in sports and performance
2. Identify the basic anatomy of the core muscles and the connection to other key musculature in the body
3. Know the other important systems in the body that affect core as well as performance
4. Identify essential strength and power sources via the core
5. Address the differences between training for strength, power, and speed while focusing on core
6. Provide various exercises for different fitness levels, sports participation, and training for the core
7. Incorporate safety concerns and modifications to various exercises
8. Design safe and appropriate progressions in core exercises
9. Understand how to select proper anti-movement type exercises such as anti-extension, anti-rotation, etc.
10. Address the connection between the upper and lower crossed syndrome and the ability to list exercises to assist in the correction or improvement of it.
11. Design programs incorporating total core
12. Understand proper implementation of core testing
13. Design a program for core based on the fitness category of a client from the core testing protocol
14. Understand and safely design programs based on stability, power, and strength phases.
15. Select proper advanced core programs when appropriate

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:

Greg Brittenham was assistant coach for player development and team conditioning with the New York Knicks for 20 years and director of athletic performance for men's and women's basketball at Wake Forest University from 2011 to 2014. He was also the director of the Center for Athletic Performance at the National Institute for Fitness and Sport. In addition to NBA players, he has advised and trained athletes in the NFL and MLB, several No. 1 and many more top 10 tennis players, and international champions in gymnastics and cycling.

In 1993, Brittenham visited southeast Alaska for a summer basketball camp and fell in love with the spectacular region. After returning to visit each year since that trip, in 2014 he finally decided to make Alaska his home and now coaches basketball and teaches physical education at Haines High School.

Brittenham authored *Complete Conditioning for Basketball* (Human Kinetics, 1995) and coauthored *Stronger Abs and Back* (Human Kinetics, 1997) with his father, Dean Brittenham, a pioneer in the field of strength and conditioning.

Daniel Taylor, MS, PES, CSCS, is the head strength and conditioning coach at Siena College and oversees those efforts for all 18 Division I varsity programs at the college. He has trained athletes who have advanced to the professional level in soccer, lacrosse, baseball, and basketball. Taylor was part of Siena men's basketball's historic three consecutive championships (2008-2010) that led to two first-round wins in the NCAA tournament (2008 and 2009).

Taylor previously worked with men's and women's basketball at the College of Saint Rose in Albany, New York, and with the New York Knicks training camps. He has been a speaker at numerous clinics and workshops in the Northeast geared to high school– through college-level athletes. Originally from North Yorkshire, England, he now resides in Scotia, New York.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards:
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Sponsors: N/A