

Webinar-on-Demand Series Information Sheet

Program Title: Dynamic Balance: Form and Function

Course Description: Dynamic Balance: Form and Function is all about balance, stability, and how the body moves! This brand-new, video-based webinar will showcase the components and systems responsible for balance and follow up with specific assessments and practical exercise to get your client performing more efficiently and with less risk of injury. Whether you are training elite athletes or older adults, this webinar will take your clients posture, balance, and stability to a whole new level!

Learning Objectives:

- After viewing Module 1: Pure Power: Integrated Rotation Training, you will be able to:
 - Discuss fundamentals of balance training
 - Review key anatomical and physiological components of balance
 - List the pros and cons of various balance assessments
 - Explain the benefits of balance training

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.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 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 Masters Degree in Exercise Science from Wichita State University and has been a Certified Strength and Conditioning Specialist (CSCS-NSCA) since 2011.

Sponsors: N/A

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

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