

Course Information Sheet: Elite Physique

Course Description: If muscle growth seems nonexistent, but you don't have time to spend more hours in the gym each day, don't give up. There is a better way. Featuring a revolutionary approach to male physique transformation, *Elite Physique: The New Science of Building a Better Body* offers a fresh approach to body sculpting. Based on scientifically proven strategies for making workouts more effective, *Elite Physique* features over 100 exercises and 50 exercise videos

Written by Dr. Chad Waterbury, a physical therapist who understands how bodies change with age, *Elite Physique* shows you how to make radical physical changes by manipulating sets, reps, and frequency and by deciding when and how to use advanced training methods. You'll start by performing an honest physical assessment to establish a starting point and more accurately gauge your progress.

As you move into exercises for the lower body and upper body, you'll find tips on altering exercises to alleviate stress on primary joints like the shoulders, elbows, wrists, lower back, hips, and knees. You'll learn the finer points of sculpting the midsection and will be able to create programs to target a lagging body part, either as an add-on to full-body training or as a stand-alone high-frequency training plan.

304 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

After completing this course the participant will be able to:

1. Explain the process for appropriate postural assessments.
2. List the various muscle fiber types and motor units.
3. Define training principles to build muscle.
4. Explain the function and purpose of lower body training exercises, core training exercises, and upper body training exercises.
5. Compare and contrast programming structures for different goals such as hypertrophy, muscular strength, and maximum power.
6. Identify the energy systems used for various types of training.
7. Compare and contrast macro nutritional and micro nutritional needs.
8. Explain the femoroacetabular impingements impacting squat depth.

Target Audience: Personal trainers, athletic trainers, group fitness instructors, strength and conditioning specialists.

Schedule and Format: Self-paced home study

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 and then return the book to use in saleable condition. That's it. No questions asked.

Instructor/Author Credentials

Chad Waterbury, PT, DPT, MS, graduated from the nation's top ranked doctor of physical therapy (DPT) program at the University of Southern California (USC), where he currently teaches the course Resistance Training Techniques for High-Performance Athletes for the master's degree in sports science program. He is the owner of Chad Waterbury LLC and author of *Huge in a Hurry* from Rodale Publishing. Waterbury has lectured for fitness organizations such as the National Strength and Conditioning Association (NSCA) and Perform Better. He has a master's degree in physiology from the University of Arizona, where his focus on the neurophysiology of human movement and performance led him to make radical changes in the way he trains competitive athletes as well as nonathletic clients. His workouts are now shorter and faster, producing superior results in strength, power, and muscular development, while at the same time inducing less fatigue and allowing for shorter recovery periods between workouts.

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

Sponsors: N/A