

Class Series Information Sheet

Module # 1: Exercise, Hormones & Function

Course Description: Hormone replacement therapy is increasingly regarded as a viable option for men and women who want to get better results at the gym, control their weight, increase their libido or improve their quality of life. This evidence-based workshop explores both the research and the science of hormone replacement therapy and examines the risks, benefits, myths and reality of HRT.

Learning Objectives: After completing this course the participant will be able to:

1. List the major hormones of the body, where they are produced and what they do.
2. Explain how hormones affect exercise results.
4. Explain how exercise affects hormone levels.
5. Describe the effect of hormones on fat storage and hunger cues.
6. List the risks and benefits of HRT (Hormone Replacement theory.)

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

Schedule and Format: Two-hour live training class OR self-paced, recorded webinar.

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: Our refund policy can be viewed at: <https://exerciseetc.com/policies.php>

Course Developer and Presenter 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.

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 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.

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

Sponsors: N/A

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Module #2: How to Look Better on the Beach

Course Description: This course is an unapologetic approach to using exercise for cosmetic results. You'll also discover how to counter common misconceptions & unreasonable expectations. In the ever-changing world of fitness training, the goal of a lean, toned body is timeless. This comprehensive course uses core training as a starting point for optimal muscle development and adds cardio training to get the lean, cut look that is so desired. Understanding how to make strength training more effective by changing both the methodology and the intensity of exercise is the goal here,

Learning Objectives: After completing this course the participant will be able to:

1. List the muscles of the core
2. Identify the most effective exercises for hypertrophy and definition
3. List the primary and secondary muscles needed to properly develop the hips and shoulders.
4. List cardio exercises to expedite fat burning

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Module # 3: Functional Power Training

Course Description: This important course explains the difference between strength and power training. You'll also learn about powerpenia and the age-related loss of power that most older adults will experience. This new program will expose you to strength and conditioning concepts designed to maximize your client's muscular gains. You will learn age-appropriate exercises designed to achieve rapid results and maximal gains in power.

Learning Objectives: After completing this course the participant will be able to:

1. Define situations where a client has to generate maximal power
2. Explain the factors that affect power development
3. Describe different methods to assess core endurance
4. Explain which muscles work synergistically to produce upper and lower body power
5. and lower body power
6. Compare and contrast different training methodologies
7. based on clients' goals and functional level

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Module #4 The Ozempic Effect: Weight Management, Medication & Exercise

Course Description: Unheard of several years ago, Ozempic and Wegovy are suddenly everywhere! Learn to design training programs for clients who are using these meds for weight control. This thought provoking class examines the roots of diabetes and obesity and examines the complex relationship between exercise, obesity, medications and their side effects

Learning Objectives: After completing this course the participant will be able to:

1. Explain how adoption of GLP-1 medications occurs
2. Define how GLP -1's work
3. Identify common weight loss / diabetes medications and uses
4. Explain the risks and benefits of GLP-1 meds.
5. Compare and contrast different side effects of these medications

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