

Webinar Information Sheet

Webinar Title: “Functional Training: Myths & Mystique”

Course Description: This groundbreaking program takes a new look at the term "functional" and forces you to rethink your definition of what makes an exercise "functional" or not. You'll analyze a variety of training modalities, from how to improve gait, the granddaddy of all functional activities, to how to lift, pull and push more effectively, and you'll examine multi-joint, core-intensive activities.

Learning Objectives:

- After viewing this webinar you will be able to:
 - Identify the first step in the assessment and screening process.
 - Identify and explain the new ACSM 2017 risk stratification process
 - Explain basic nutrient timing for seniors
 - Provide various exercises to help with balance and neuromuscular abilities
 - Design appropriate programs following recommendations of warm-up, workout, cool-down, stretching

Target Audience: Fitness Professionals, Strength & 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 that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Course Developer 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 director, personal trainer, fitness director and health club 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.

Course Presenter Credentials:

April Boulter, MS

April has a diverse background in personal training, aquatics, group fitness, boot camp and yoga. She has two Master's Degrees: one in Public Health from the University of Illinois/Chicago, and another Master's Degree in Sports Management from the University of Arkansas. April has a passion for using fitness and proper eating habits as the foundation for sustainable lifestyle change. As the Fitness and Aquatics Center Coordinator at Loyola University in Chicago, IL, April works with a mix of students and faculty as well as community residents to design and implement effective training programs in a variety of land and water-based applications. At Loyola, one of April's main responsibilities is to plan and organize the annual "Welcome Week Event" for over 2000 Freshmen per year, to emphasize proper nutrition and consistent activity to overcome the dreaded "Freshman Fifteen." A popular boot camp instructor, April is certified by ACSM, ACE, AFAA, and YogaFit and is also a certified Lifeguard and CPR Instructor. April joined our faculty in 2009.

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

Sponsors: N/A