

Live Training Class Information Sheet

Program Title:

Functional Aging for Seniors

Course Description:

Totally reimagined for 2022, this 1-day program uses an evidence-based approach to artfully combine the latest research with the most current trends in senior fitness. Today's seniors have the expectation of remaining vibrant, functional and active well into old age, and this series of workshops is designed to keep clients age 65 and older fit, active, functional and independent. You'll learn the hottest topics and trends in functional fitness programming and leave confident in your ability to make appropriate suggestions to your older clients for immediate and lasting benefit. When you've completed this program you'll understand how to accelerate your client's results as you'll learn the hottest, most up-to-date training techniques. Our new set of workshops will revolutionize your training program!

Here are the four new classes we're offering:

- 1) Function Recovered: Teaching Rotations & Deadlifts
- 2) Function Restored: Coaching Pushes, Presses & Dips
- 3) Function Rebuilt: Instructing Pulls, Rows and Curls
- 4) Function Reclaimed: Training Squats & Lunges

Learning Objectives:

- After taking Module 1: Function Recovered: Teaching Rotations and Deadlifts, you will be able to:
 - Define and identify the core muscles.
 - List the mitigating factors of rotation
 - Identify the normal range of motion for joints responsible for rotation.
 - Explain how to instruct clients on proper rotation.
 - List the steps involved in a proper deadlift technique.
 - Explain how to progress the deadlift.
- After taking Module 2: Function Rebuilt: Instructing Pulls, Rows, and Curls, you will be able to:
 - Identify the primal movement patterns.
 - Identify the prime movers for the pull exercises.
 - Identify the prime movers for row exercises.
 - Explain the importance of scapular stability.

- After taking Module 3: Function Reclaimed: Training Squats and Lunges, you will be able to:
 - Explain the biomechanics of the muscles of the squat.
 - Explain the components of a proper squat.
 - Explain how to progress the squat.
 - Explain the biomechanics of the muscles of the lunge.
 - Explain how to progress lunges for various levels of difficulty.

- After taking Module 4: Function Restored: Coaching Pushes, Presses, and Dips, you will be able to:
 - Identify basic anatomy and structure of the shoulder.
 - List the muscles that are the prime movers for the push-up/bench press exercises.
 - Describe the proper techniques for a chest press to reduce shoulder problems and injuries
 - Provide guidelines to teaching the push-up exercise

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 and Presenter Credentials:

Mike Deibler, MS, CSCS

Mike is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for

busy executives, Mike is also a certified personal trainer through ACE and NASM and he teaches Exercise Science at San Diego State University. Mike is our Education Director; he joined our faculty in 2008.

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

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

Sponsors: N/A