

Webinar Information Sheet

Webinar Title: “Functional Power Training”

COURSE DESCRIPTION:

Power is a critical component of functional movement, athletic performance, injury prevention, and healthy aging. Whether the goal is to improve an athlete's explosiveness or enhance overall movement efficiency, power training is an essential yet often underutilized component of exercise programming. However, effective power development requires more than simply adding speed to an exercise. It demands proper progression, sound technique, mobility, and careful attention to movement quality.

This comprehensive course provides an evidence-based approach to designing and implementing functional power training programs. Participants will explore the science behind power development while learning how to safely progress clients through increasingly challenging exercises. The course includes demonstrations of numerous power training exercises, practical programming strategies, mobility and flexibility techniques that optimize performance, and proper landing mechanics for plyometric training to reduce injury risk. Whether you are new to power training or looking to expand your toolbox, this course will provide practical skills that can be immediately applied to your training sessions.

Learning Objectives:

After viewing “Functional Power Training” you will be able to:

- Explain the physiological principles of muscular power and describe its importance for functional movement.
- Differentiate between strength, power, speed, and plyometric training and identify appropriate applications for each within an exercise program.
- Apply appropriate warm-up modalities, mobility, and flexibility techniques to prepare clients for explosive movement and optimize performance.
- Discuss proper landing mechanics and deceleration strategies during plyometric exercises to reduce injury risk and improve movement efficiency.
- Modify power training exercises to meet the needs of diverse populations.

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.

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

Sponsors: N/A