

## Webinar Information Sheet

**Webinar Title:** “High Intensity Training: When Less is More”

**Course Description:**

This exciting program is a must for all fitness professionals. Covering the physiological background of High Intensity Training (HIT), psychological factors, and program modifications will help many clients begin a new training adventure.

**Learning Objectives:**

After viewing this webinar you will be able to:

- Identify reasons why HIIT is a beneficial program
- Explain how to determine if your client is ready to begin a HIIT program
- Describe how to properly modify HIT programs for all levels of fitness
- Define “High Intensity”
- List the components of a proper risk stratification based on new ACSM guidelines.

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

**Schedule and Format:** Self-paced recorded webinar.

**Registration Fees:** \$20.00

**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:**

**Mike Deibler, M.S., CSCS**

Mike is Exercise ETC's Director of Education. He 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. Mike joined our faculty in 2008.

**Course Presenter Credentials:****Laura Abbott, M.S., EP-C**

Laura Abbott is an NCTMB certified and Georgia licensed massage therapist having graduated from Academy of Somatic Healing Arts in Atlanta, GA. She earned her undergraduate degree in Exercise Science and her Master's Degree in Sports Medicine from Georgia State University, and she interned in the Emory University Cardiac Rehabilitation Department and at the Georgia Institute of Technology Athletic Department. Laura worked with Federal Occupational Health training and educating Federal Law Enforcement officers and traveled around the country presenting continuing education programs for many years. She has been quoted in Ladies Home and was a featured speaker for the Speaking of Women's Health Expo for 2 consecutive years and she has presented at the National American College of Sports Medicine conference. Laura currently teaches in the Kinesiology and Health department at Georgia State University and is a guest speaker at Atlanta area massage schools and at the Georgia State University Physical Therapy department. Since 1991 she has owned and operated Premier Performance, Inc. in Atlanta, specializing in exercise and massage therapy. She is the author of the book, *Massage Therapy Review: Passing the NCETMB and NCETM* published by McGraw-Hill and available on Amazon.com. Laura joined our faculty in 1996.

**Contact Hours/CEUs/CECs:** *Please visit our website for the most up-to-date continuing education awards.*

**Sponsors:** N/A