

Workshop Information Sheet

Program Title:

The Knee: An Owner's Manual

Course Description:

The function of the healthy knee goes front and center in an important webinar that will show you specific programming suggestions to keep your client strong, mobile and pain free. Whether your client's goal is to build strength or size, to improve performance or just to get up and down from their chair more efficiently, this course will help you to maintain peak performance along with pain-free function.

Learning Objectives:

- After taking The Knee: An Owner's Manual you will be able to:
 - Discuss the basic anatomy of the knee structure
 - List the three main movements of the knee
 - Assess knee movement
 - Discuss common knee conditions and injuries
 - List common strategies to reduce knee pain and improve leg strength
 - Explain how to improve foot function

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

Schedule and Format: Workshop.

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

Cancellation/Refund Policy:

See our website for details: www.exerciseetc.com

Course Developer and Presenter Credentials:

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