

Information Sheet

Setting a Baseline: Screening, Assessment & Testing

Course Description: The goal of remedial exercise is to identify dysfunctional movement patterns that may result in decreased performance or an increased risk of injury. Learn the basic protocols for movement screens such as the Functional Movement Screen, the New Zealand Movement Competency, the NASM Movement Screen, and the Timed Up and Go test. This webinar will equip every trainer with the knowledge to appropriately screen and assess each client and better prepare fitness professionals to make informed exercise programming recommendations.

Learning Objectives:

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- Discuss the Injury/Degeneration cycle.
- Compare and contrast various movement screening tools.
- List the components Functional Movement Screens.
- Explain the components of an observational gait analysis.
- Explain the components of the various drills to assess senior specific tasks.

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

Schedule and Format: 2-hour workshop

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