

Information Sheet

Program Title:

Coaching and Cueing to Improve Movement Patterns

Course Description: Coaches have a responsibility to protect clients from exercises that may cause pain or dysfunction. This informative and interactive webinar provides a step-by-step guide to providing a safe and supportive learning experience. Learn how to teach, cue, regress, and progress the six foundational movements in this exciting two-hour webinar.

Learning Objectives:

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- you will be able to:
 - Discuss the various types of feedback.
 - Identify the six foundational movement patterns.
 - Explain the biomechanics of the six foundational movement patterns.
 - Explain how to regress and progress the six foundational movement patterns.
 - List the common compensations of the foundational movements.
 - Utilize appropriate and informative cueing for each movement.

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