

## Information Sheet

### **Program Title:**

**Preparing for the Worst: Preventing Common Fitness Injuries**

**Course Description:** Aging bodies come with different elements! This research-based program is sure to increase your skill and confidence when working with the most common issues that impact movement, mobility, and health. This state-of-the-art program will guide you in designing and implementing exercise programs for clients with orthopedic issues such as chronic back or shoulder dysfunction, or individuals with knee and hip pain.

### **Learning Objectives:**

Preparing for the Worst: Preventing Common Fitness Injuries

- Identify 10 causes of back and neck pain
- List common musculoskeletal causes of back pain
- Define functional shoulder training
- Identify high risk exercises for the shoulder
- Explain how to modify shoulder exercises to minimize risk
- Describe exercise techniques to minimize risk to the rotator cuff

**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](http://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 Credentials:**

**Guy Andrews, MA, CSCS**

Cut is the Executive Director of Exercise ETC. He is a Certified Strength and Conditioning Specialist through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialist, both through NASM. He has worked in the fitness field since 1983 as a boot camp instructor, group fitness instructor, group fitness Instructor, group fitness director, personal trainer, fitness director, and general manager. He earned his bachelor's and master's degrees from Florida Atlantic University in Boca Raton, FL and holds multiple fitness certifications. Over the years, Guy has worked with many population groups; he currently teaches senior fitness for the City of Wilton Manors and for the Edgewater Assisted Living Community in Boca Raton, FL.

**Course Presenter Credentials:**

**Contact Hours/CEUs/CECs:** See our website for details:  
[www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A