

## Course Information Sheet

**Course Title:** *Obesity and Weight Management*

**Course Description:** Editor Dr. Alexios Batrakoulis has brought together 48 of the field's top researchers and practitioners to build this one-of-a-kind resource. From assessment to application, *Obesity and Weight Management: The Exercise Professional's Guide to Fitness Programming* equips practitioners with the knowledge to safely and effectively address client needs and challenges.

The text provides fitness professionals with the tools they need to help more clients with overweight and obesity become successful in getting stronger, fitter, and healthier. Tools such as exercise preparticipation interviews, health history screenings, and a cardiovascular disease risk factor analysis will give readers skills they can immediately implement with clients in the real world.

Readers will encounter the latest information regarding the epidemiology, definition, and classification of overweight and obesity, preparing them to meet larger-bodied clients where they are. The text also explains the role of an exercise professional as a valuable member of a multidisciplinary client health care team. To help practitioners create engaging plans for clients, the book comes with 21 sample workouts and more!

### Learning Objectives:

1. Define and classify overweight and obesity.
2. Identify the role of exercise professionals in the multidisciplinary client health care team.
3. Define the role of physical activity and exercise in body weight regulation
4. List the factors contributing to the treatment of obesity.
5. Define key behavior-theories relative to lifestyle modifications.
6. Define the process of a cardiovascular disease risk factor analysis.
7. Discuss the stages of readiness to engage in regular exercise.
8. Define various health-related physical fitness assessments.
9. Explain the psychophysiological responses to warm-up.
10. Describe the components of a well-structured warm-up routine.
11. Discuss psychophysiological adaptations to resistance training.
12. Identify myths and misconceptions linked to resistance training.
13. Discuss the adaptations to cardiorespiratory training.

**Target Audience:** Beginner/Intermediate/ Advanced

**Schedule and Format:** Self-paced home study

**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 and then return the book to use in saleable condition. That's it. No questions asked.

### **Instructor/Author Credentials**

**Alexios Batrakoulis**, PhD, CSCS,\*D, ACSM-EP, FACSM, has been involved in the health and fitness industry since 1995. He currently works as a personal trainer, exercise physiologist, fitness educator, speaker, author, subject matter expert, and adjunct professor and is based in Greece. He holds a bachelor's degree in physical education and sport science, a master's degree in exercise and health, a doctorate in clinical exercise physiology, and numerous certifications through the American Council on Exercise (ACE), American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM), and National Strength and Conditioning Association (NSCA). His primary research interest is the study of hybrid-type, multicomponent interval training in obesity. He has authored over 100 international peer-reviewed publications on exercise, including research articles, textbook chapters, and translated books.

He has won multiple awards for his fitness expertise: He received global recognition as a 2017 IDEA Personal Trainer of the Year finalist, the 2018 IDEA Personal Trainer of the Year, the 2019 IDEA China Fitness Innovator, the 2020 NSCA Personal Trainer of the Year, a 2020 MedFit Professional of the Year finalist, the 2021 PFP Trainer of the Year, a 2021 ACSM Certified Professional of the Year finalist, and the 2022 ACSM Certified Professional of the Year.

He has been a member of EuropeActive's Professional Standards Committee, leading the technical experts group that developed educational standards for the occupational role of Weight Management Exercise Specialist. He has served on several committees for ACSM and NSCA, is an ACSM fellow, and is a member of the NSCA board of directors. Lastly, he is the founder of the International Obesity Exercise Training Institute (IOETI), teaching internationally approved continuing education courses in 45 countries across five continents and empowering over 3,000 fitness professionals since 2017.

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

**Sponsors:** N/A